



Chocolate Turtle Fondue for Two



Gluten Free



Popular

READY IN



15 min.

SERVINGS



16

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces mrs richardson's butterscotch caramel sauce
- ☐ 16 servings fruit fresh assorted (strawberries, bananas, and pineapple)
- ☐ 4 ounces milk chocolate chips
- ☐ 0.3 cup pecans roughly chopped

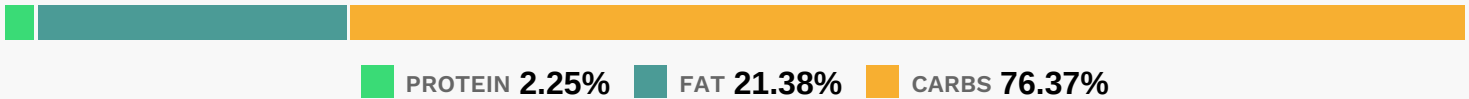
Equipment

- ☐ bowl
- ☐ pot
- ☐ double boiler

Directions

- ☐ Melt milk chocolate and caramel in a double boiler until melted.
- ☐ Pour into a fondue pot or a serving bowl.
- ☐ Sprinkle the chopped pecans on top.
- ☐ For dipping into the chocolate use cut fresh fruit (strawberries, bananas, and pineapple), marshmallows, and cubed brownies, cheesecake, and pound cake.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.4617391526699%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 128.98kcal (6.45%), Fat: 3.26g (5.01%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 24.13g (8.77%), Sugar: 21.48g (23.87%), Cholesterol: 0mg (0%), Sodium: 30.09mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Fiber: 2.04g (8.18%), Vitamin A: 365.11IU (7.3%), Copper: 0.11mg (5.37%), Manganese: 0.11mg (5.26%), Vitamin K: 5.51µg (5.24%), Potassium: 136.73mg (3.91%), Vitamin C: 2.66mg (3.22%), Vitamin B3: 0.48mg (2.41%), Iron: 0.41mg (2.26%), Phosphorus: 21.27mg (2.13%), Magnesium: 8.15mg (2.04%), Vitamin B2: 0.03mg (1.79%), Vitamin B1: 0.02mg (1.63%), Calcium: 15.54mg (1.55%), Zinc: 0.18mg (1.18%), Vitamin B6: 0.02mg (1.11%)