



Chocolate-Walnut Ganache



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces chocolate dark sweet finely chopped
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup walnuts finely chopped
- ☐ 1 cup whipping cream

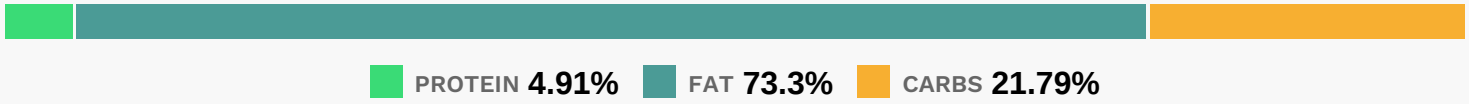
Equipment

- ☐ sauce pan

Directions

- ☐ Combine cream and chocolate in a small saucepan over low heat, stirring until chocolate melts. Stir in vanilla and walnuts.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:3.47, Inflammation Score:-6, Nutrition Score:10.878260966228%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 380.08kcal (19%), Fat: 31.25g (48.08%), Saturated Fat: 17.48g (109.25%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 16.02g (5.82%), Sugar: 11.2g (12.44%), Cholesterol: 34.89mg (11.63%), Sodium: 16.63mg (0.72%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Caffeine: 34.02mg (11.34%), Protein: 4.71g (9.43%), Manganese: 0.95mg (47.7%), Copper: 0.81mg (40.63%), Iron: 5.2mg (28.87%), Magnesium: 104.84mg (26.21%), Fiber: 4.88g (19.52%), Phosphorus: 160.9mg (16.09%), Zinc: 1.59mg (10.61%), Potassium: 348.81mg (9.97%), Vitamin A: 454.64IU (9.09%), Selenium: 3.96µg (5.66%), Vitamin B2: 0.09mg (5.58%), Calcium: 54.29mg (5.43%), Vitamin K: 4.16µg (3.96%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.17µg (2.78%), Vitamin B5: 0.27mg (2.75%), Vitamin B3: 0.51mg (2.55%), Vitamin B6: 0.05mg (2.31%), Vitamin B1: 0.03mg (2.19%), Folate: 4.77µg (1.19%)