



Dark Chocolate Fondue

 Gluten Free

READY IN



25 min.

SERVINGS



20

CALORIES



361 kcal

Ingredients

- 8 oz baker's chocolate chopped
- 8 oz baker's chocolate chopped
- 2 cups whipping cream
- 1 tablespoon vanilla
- 10.8 oz round cake frozen cut into 1-inch cubes
- 40 small strawberries fresh
- 40 slices apples
- 1 serving kiwi fruit

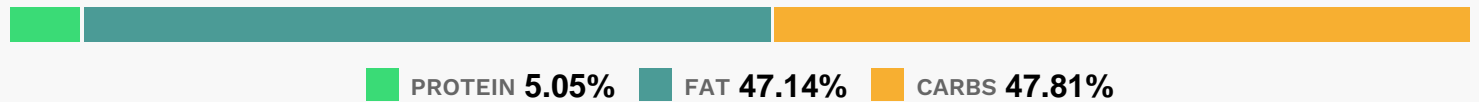
Equipment

- sauce pan
- whisk
- pot

Directions

- In 2-quart heavy saucepan, heat both chocolates and the whipping cream over low heat, stirring frequently, until cream is hot and chocolate is melted. Stir with wire whisk until smooth. Stir in vanilla.
- Pour into fondue pot. Keep warm with fuel canister on low heat.
- Arrange cake and fruit dippers on platter. Set fondue pot in center of platter.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:8.53, Inflammation Score:-7, Nutrition Score:14.559565212416%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.48mg, Pelargonidin: 3.48mg, Pelargonidin: 3.48mg, Pelargonidin: 3.48mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 17.86mg, Catechin: 17.86mg, Catechin: 17.86mg, Catechin: 17.86mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 48.65mg, Epicatechin: 48.65mg, Epicatechin: 48.65mg, Epicatechin: 48.65mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg

Nutrients (% of daily need)

Calories: 361.09kcal (18.05%), Fat: 21.3g (32.77%), Saturated Fat: 13g (81.24%), Carbohydrates: 48.62g (16.21%), Net Carbohydrates: 39.13g (14.23%), Sugar: 30.34g (33.71%), Cholesterol: 42.44mg (14.15%), Sodium: 109.41mg (4.76%), Alcohol: 0.22g (100%), Alcohol %: 0.09% (100%), Caffeine: 18.14mg (6.05%), Protein: 5.13g (10.27%), Manganese:

1.11mg (55.68%), Copper: 0.82mg (40.87%), Fiber: 9.49g (37.96%), Vitamin C: 21.8mg (26.43%), Iron: 4.72mg (26.2%), Magnesium: 91.03mg (22.76%), Zinc: 2.43mg (16.22%), Phosphorus: 154.32mg (15.43%), Potassium: 490.59mg (14.02%), Vitamin B2: 0.17mg (10%), Vitamin A: 496.68IU (9.93%), Vitamin K: 9.93µg (9.46%), Vitamin B1: 0.12mg (7.79%), Calcium: 66.26mg (6.63%), Folate: 25.55µg (6.39%), Vitamin B6: 0.12mg (6.06%), Selenium: 4µg (5.72%), Vitamin E: 0.84mg (5.59%), Vitamin B3: 0.89mg (4.44%), Vitamin B5: 0.33mg (3.31%), Vitamin D: 0.41µg (2.74%), Vitamin B12: 0.07µg (1.24%)