



## Dark Chocolate Orange Fondue from NESTLE®

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



239 kcal

SIDE DISH

### Ingredients

- 8 ounce bars nestle® toll house® chocolate baking bar dark finely chopped
- 10 servings fruit fresh dry washed and patted )
- 0.7 cup heavy whipping cream
- 10 servings marshmallows
- 1 tablespoon orange zest grated

### Equipment

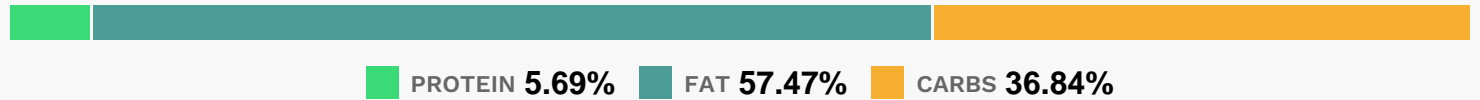
- sauce pan

pot

## Directions

- Heat cream in small, heavy-duty saucepan over MEDIUM-HIGH heat; bring just to a boil.
- Remove from heat.
- Add chocolate; stir until smooth.
- Add liqueur and orange peel; mix well.
- Transfer fondue to fondue pot; place over low heat. To serve, dip marshmallows, fruit, cake and/or pretzels into melted chocolate. Stir often while on heat. Makes 1 1/4 cups.

## Nutrition Facts



## Properties

Glycemic Index:6.05, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:10.682608756034%

## Flavonoids

Catechin: 14.59mg, Catechin: 14.59mg, Catechin: 14.59mg, Catechin: 14.59mg Epicatechin: 32.17mg, Epicatechin: 32.17mg, Epicatechin: 32.17mg, Epicatechin: 32.17mg

## Nutrients (% of daily need)

Calories: 238.88kcal (11.94%), Fat: 17.71g (27.25%), Saturated Fat: 11g (68.74%), Carbohydrates: 25.54g (8.51%), Net Carbohydrates: 19.82g (7.21%), Sugar: 14.58g (16.2%), Cholesterol: 17.93mg (5.98%), Sodium: 16.47mg (0.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.14mg (6.05%), Protein: 3.95g (7.9%), Manganese: 0.98mg (48.86%), Copper: 0.83mg (41.27%), Iron: 4.34mg (24.09%), Fiber: 5.73g (22.9%), Magnesium: 81.35mg (20.34%), Zinc: 2.33mg (15.54%), Vitamin A: 593.63IU (11.87%), Phosphorus: 114.35mg (11.43%), Potassium: 310.1mg (8.86%), Vitamin K: 8.16µg (7.77%), Vitamin B2: 0.08mg (4.79%), Vitamin C: 3.52mg (4.26%), Calcium: 40.3mg (4.03%), Vitamin B3: 0.79mg (3.94%), Vitamin B1: 0.05mg (3.43%), Selenium: 2.34µg (3.34%), Folate: 9.55µg (2.39%), Vitamin D: 0.25µg (1.69%), Vitamin B6: 0.03mg (1.59%), Vitamin E: 0.24mg (1.59%), Vitamin B5: 0.13mg (1.3%)