



## Dark Chocolate Raspberry Fondue

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.7 cup whipping cream
- 0.3 cup raspberry jam seedless
- 1 tablespoon honey
- 12 oz bittersweet chocolate

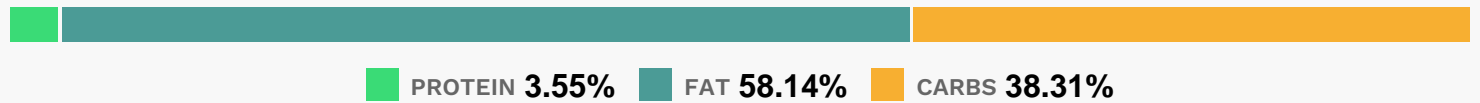
### Equipment

- sauce pan
- whisk
- pot

## Directions

- In fondue pot or 2-quart saucepan, mix whipping cream, raspberry preserves and honey.
- Heat over warm/simmer setting or medium-low heat, stirring occasionally, just until bubbles rise to surface (do not boil).
- Add chocolate; stir with wire whisk until melted. Keep warm over warm/simmer setting. (If using saucepan, pour into fondue pot and keep warm over warm/simmer setting.)
- Serve with dippers.

## Nutrition Facts



## Properties

Glycemic Index:6.7, Glycemic Load:3.21, Inflammation Score:-2, Nutrition Score:3.7630434424981%

## Nutrients (% of daily need)

Calories: 180.51kcal (9.03%), Fat: 11.73g (18.05%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 15.61g (5.68%), Sugar: 12.61g (14.01%), Cholesterol: 12.48mg (4.16%), Sodium: 7.12mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 1.61g (3.23%), Manganese: 0.29mg (14.29%), Copper: 0.27mg (13.7%), Magnesium: 38.43mg (9.61%), Iron: 1.39mg (7.74%), Fiber: 1.78g (7.13%), Phosphorus: 62.43mg (6.24%), Zinc: 0.59mg (3.96%), Potassium: 136.11mg (3.89%), Selenium: 2.24µg (3.19%), Vitamin A: 156.41IU (3.13%), Calcium: 21.22mg (2.12%), Vitamin B2: 0.03mg (2.06%), Vitamin K: 1.85µg (1.76%), Vitamin E: 0.23mg (1.5%), Vitamin D: 0.16µg (1.06%)