



Dark Soul Fondue

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 2.5 tablespoons cherry extract
- ☐ 1 tablespoon plus
- ☐ 1 cup milk chocolate chips
- ☐ 0.1 teaspoon salt
- ☐ 1 cup semi-sweet chocolate chips
- ☐ 0.8 cup whipping cream

Equipment

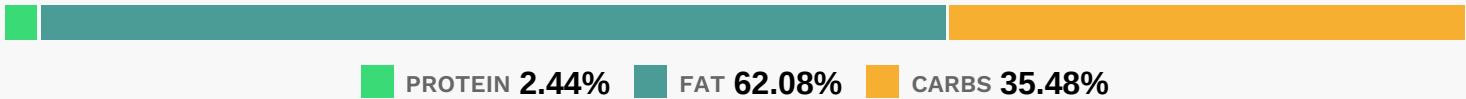
- ☐ sauce pan

- ☐ whisk
- ☐ pot
- ☐ slow cooker

Directions

- ☐ In a saucepan over medium heat, bring cream and salt to a boil.
- ☐ Remove from heat.
- ☐ Add chocolates to saucepan; cover and let stand for a few minutes. Uncover; whisk until smooth.
- ☐ Whisk in extract and corn syrup.
- ☐ Serve immediately with pound cake and fruit. May be kept warm in a slow cooker or fondue pot over low heat; stir often.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:3.5830434573733%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 260.57kcal (13.03%), Fat: 18.3g (28.16%), Saturated Fat: 11.18g (69.86%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 22.06g (8.02%), Sugar: 19.39g (21.55%), Cholesterol: 21.22mg (7.07%), Sodium: 37mg (1.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.05mg (5.02%), Protein: 1.62g (3.23%), Manganese: 0.23mg (11.74%), Copper: 0.22mg (11.13%), Magnesium: 32.48mg (8.12%), Iron: 1.14mg (6.32%), Fiber: 1.48g (5.91%), Phosphorus: 56.63mg (5.66%), Vitamin A: 273.51IU (5.47%), Potassium: 175.85mg (5.02%), Calcium: 36.27mg (3.63%), Zinc: 0.52mg (3.46%), Selenium: 2.02µg (2.89%), Vitamin B2: 0.04mg (2.55%), Vitamin D: 0.29µg (1.9%), Vitamin K: 1.91µg (1.82%), Vitamin E: 0.27mg (1.8%), Vitamin B5: 0.11mg (1.05%)