



Easy Ganache

READY IN



20 min.

SERVINGS



10

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 cups semi chocolate chips

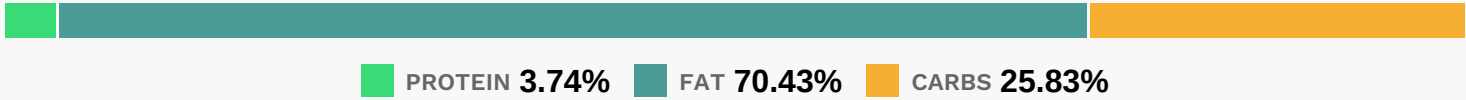
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat heavy cream in a saucepan over medium heat just until cream begins to boil.
- ☐ Pour over semisweet chocolate morsels in a heatproof bowl; stir until smooth. Stir in bourbon, honey, and kosher salt.
- ☐ Let stand 10 minutes or until spreading consistency.

Nutrition Facts



Properties

Glycemic Index:6.73, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:4.3904347134673%

Nutrients (% of daily need)

Calories: 221.04kcal (11.05%), Fat: 17.21g (26.48%), Saturated Fat: 10.43g (65.19%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 12.4g (4.51%), Sugar: 10.68g (11.87%), Cholesterol: 28.24mg (9.41%), Sodium: 125.05mg (5.44%), Alcohol: 0.5g (100%), Alcohol %: 1.26% (100%), Caffeine: 19.35mg (6.45%), Protein: 2.06g (4.12%), Manganese: 0.3mg (15.03%), Copper: 0.28mg (14.23%), Magnesium: 41.31mg (10.33%), Iron: 1.46mg (8.09%), Phosphorus: 72.45mg (7.24%), Vitamin A: 361.11IU (7.22%), Fiber: 1.8g (7.22%), Zinc: 0.66mg (4.39%), Potassium: 151.33mg (4.32%), Selenium: 2.62µg (3.74%), Vitamin B2: 0.06mg (3.33%), Calcium: 29.86mg (2.99%), Vitamin D: 0.38µg (2.54%), Vitamin E: 0.35mg (2.34%), Vitamin K: 2.38µg (2.27%), Vitamin B12: 0.08µg (1.31%), Vitamin B5: 0.13mg (1.3%), Vitamin B3: 0.21mg (1.03%)