



Ganache I

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1225 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds bittersweet chocolate
- ☐ 2 cups heavy whipping cream

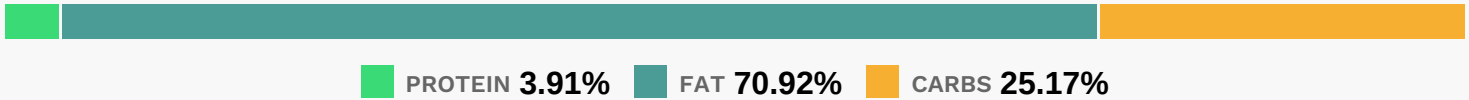
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐
- Chop the chocolate into small pieces and place it in a large stainless steel bowl.
- ☐
- In a large, high sided saucepan, heat cream over medium high heat, stirring frequently, until it starts to boil. At this point, the cream will want to boil over, so keep an eye on it! Immediately remove from heat and pour over chopped chocolate.
- ☐
- Stir until chocolate is completely melted and mixture is smooth. Cool completely and then store in refrigerator. Ganache can be reheated in a stainless steel bowl over hot, but not boiling, water.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:26.249130461527%

Nutrients (% of daily need)

Calories: 1225.32kcal (61.27%), Fat: 97.26g (149.63%), Saturated Fat: 58.6g (366.24%), Carbohydrates: 77.68g (25.89%), Net Carbohydrates: 66.34g (24.13%), Sugar: 55.51g (61.68%), Cholesterol: 142.97mg (47.66%), Sodium: 46.3mg (2.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 121.9mg (40.63%), Protein: 12.05g (24.11%), Manganese: 1.88mg (93.97%), Copper: 1.78mg (89.11%), Magnesium: 257.81mg (64.45%), Iron: 9.08mg (50.43%), Fiber: 11.34g (45.36%), Phosphorus: 437.56mg (43.76%), Vitamin A: 1820.17IU (36.4%), Zinc: 4.04mg (26.95%), Potassium: 916.76mg (26.19%), Selenium: 15.48µg (22.11%), Vitamin B2: 0.29mg (17.25%), Calcium: 166.42mg (16.64%), Vitamin K: 14.01µg (13.35%), Vitamin E: 1.93mg (12.87%), Vitamin D: 1.9µg (12.69%), Vitamin B12: 0.45µg (7.43%), Vitamin B5: 0.73mg (7.29%), Vitamin B3: 1.26mg (6.32%), Vitamin B1: 0.07mg (4.61%), Vitamin B6: 0.09mg (4.49%), Folate: 4.76µg (1.19%)