



food
network

Green Chocolate Slimedoo

READY IN



20 min.

SERVINGS



8

CALORIES



1310 kcal

SIDE DISH

Ingredients

- 8 servings apples for dipping
- 8 servings bananas
- 2 ounces butter
- 8 servings candy corn
- 6 drops food coloring green
- 8 servings halloween shaped sprinkles
- 2 cups heavy cream
- 8 servings pineapples
- 2 bags pretzels

- 8 servings strawberries
- 2 ounces sugar
- 2 pounds chocolate white

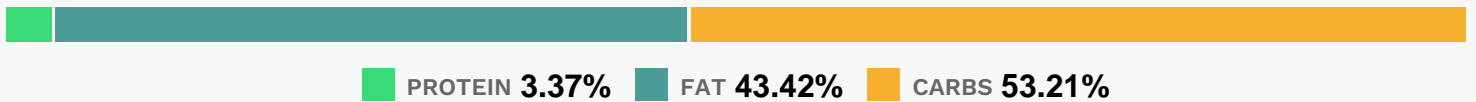
Equipment

- whisk
- pot
- double boiler
- serrated knife
- wooden skewers

Directions

- Make a ganache. In a non-reactive double boiler set over medium-low heat, bring the cream, sugar, and butter to a boil. Meanwhile, chop the chocolate into small chunks - a serrated knife works best for this.
- Add the chocolate chunks to the cream mixture in the double boiler, whisking, until it is melted and incorporated into the cream. Finally, add the food coloring until it is the desired shade of green.
- Keep mixture warm in a fondue pot near the door. Set out the fruit and the pretzels for dipping with long wooden skewers next to the fondue pot. Guests can dip their pretzels or fruit into the fondue and then roll them in the candy sprinkles, if desired.

Nutrition Facts



Properties

Glycemic Index:57.32, Glycemic Load:77.1, Inflammation Score:-9, Nutrition Score:26.34695643964%

Flavonoids

Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin:

35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 12.98mg, Catechin: 12.98mg, Catechin: 12.98mg, Catechin: 12.98mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1309.59kcal (65.48%), Fat: 65.23g (100.36%), Saturated Fat: 40g (249.97%), Carbohydrates: 179.88g (59.96%), Net Carbohydrates: 170.84g (62.12%), Sugar: 154.2g (171.33%), Cholesterol: 106.29mg (35.43%), Sodium: 275.54mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.76%), Vitamin C: 138.87mg (168.33%), Manganese: 1.7mg (84.75%), Vitamin B6: 0.73mg (36.64%), Fiber: 9.05g (36.19%), Vitamin B2: 0.6mg (35.44%), Potassium: 1211.44mg (34.61%), Phosphorus: 311.87mg (31.19%), Calcium: 310.59mg (31.06%), Vitamin A: 1265.3IU (25.31%), Folate: 87.47µg (21.87%), Magnesium: 83.75mg (20.94%), Vitamin K: 18.48µg (17.6%), Copper: 0.35mg (17.52%), Vitamin B5: 1.66mg (16.65%), Vitamin E: 2.47mg (16.49%), Vitamin B1: 0.23mg (15.61%), Vitamin B3: 2.76mg (13.81%), Selenium: 8.93µg (12.76%), Vitamin B12: 0.74µg (12.37%), Zinc: 1.51mg (10.04%), Iron: 1.58mg (8.78%), Vitamin D: 0.95µg (6.35%)