



Individual Chocolate Fondues

 **Gluten Free**

READY IN



23 min.

SERVINGS



4

CALORIES



133 kcal

DESSERT

Ingredients

- 6 inch bamboo skewers
- 1.5 ounces bittersweet chocolate chopped
- 0.5 cup milk fat-free
- 2 tablespoons half-and-half
- 0.3 cup powdered sugar
- 4 ounces strawberries
- 0.3 cup cocoa unsweetened

Equipment

- bowl
- sauce pan
- whisk
- skewers

Directions

- Whisk cocoa, milk, and half-and-half in a saucepan; place over medium heat. Cook, stirring occasionally, 56 minutes or until slightly thickened.
- Add chocolate, reduce heat to low, and stir until melted.
- Whisk in powdered sugar; remove from heat.
- Arrange 2 strawberries and 1 cake cube on each of 8 skewers. Divide sauce into 4 bowls, and serve with 2 skewers.

Nutrition Facts



PROTEIN 8.87% **FAT 35.66%** **CARBS 55.47%**

Properties

Glycemic Index:26.31, Glycemic Load:1.16, Inflammation Score:-4, Nutrition Score:6.9039130573687%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 10.68mg, Epicatechin: 10.68mg, Epicatechin: 10.68mg, Epicatechin: 10.68mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 133.02kcal (6.65%), Fat: 5.8g (8.92%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 16.83g (6.12%), Sugar: 14.65g (16.27%), Cholesterol: 4.18mg (1.39%), Sodium: 20.02mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.51mg (7.17%), Protein: 3.24g (6.49%), Manganese: 0.46mg (23.19%), Vitamin C: 16.78mg (20.34%), Copper: 0.36mg (17.81%), Fiber: 3.46g (13.84%), Magnesium: 53.79mg (13.45%), Phosphorus: 114.74mg (11.47%), Iron: 1.56mg (8.64%), Potassium: 249.59mg (7.13%), Calcium: 66.84mg (6.68%), Zinc: 0.88mg (5.87%), Vitamin B2: 0.08mg (4.79%), Selenium: 2.69µg (3.85%), Vitamin B12: 0.21µg (3.52%), Vitamin B6: 0.05mg (2.5%), Folate: 9.48µg (2.37%), Vitamin B1: 0.03mg (2.32%), Vitamin D: 0.34µg (2.25%), Vitamin B5: 0.22mg (2.15%), Vitamin A: 98.24IU (1.96%), Vitamin B3: 0.37mg (1.83%), Vitamin K: 1.62µg (1.54%), Vitamin E: 0.19mg (1.29%)