



Microwave Chocolate Fondue

READY IN



45 min.

SERVINGS



4

CALORIES



632 kcal

DESSERT

Ingredients

- 0.5 cup heavy cream
- 8 marshmallows
- 7 oz bars milk chocolate
- 1 cup pretzels miniature
- 2 ounces bittersweet chocolate
- 1 quart strawberries hulled

Equipment

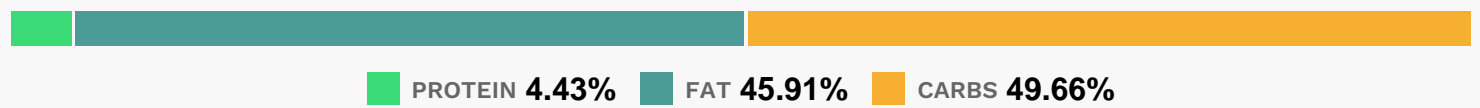
- bowl

microwave

Directions

- Finely chop milk and semisweet chocolates and place in a microwavable bowl with cream. Microwave for 2 1/2 minutes at medium (50 percent) power. Stir until smooth. If chocolate still hasn't melted, continue to cook it at 30-second intervals, stirring in between.
- Place berries, pretzels and marshmallows in bowls or on a serving plate. Reheat chocolate mixture, if necessary, for about 30 seconds on medium.
- Remove, and serve with the accompaniments.

Nutrition Facts



Properties

Glycemic Index:56.53, Glycemic Load:36.64, Inflammation Score:-8, Nutrition Score:20.73217388858%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 631.78kcal (31.59%), Fat: 34.46g (53.02%), Saturated Fat: 20.05g (125.31%), Carbohydrates: 83.87g (27.96%), Net Carbohydrates: 74.58g (27.12%), Sugar: 51.69g (57.43%), Cholesterol: 34.47mg (11.49%), Sodium: 278.95mg (12.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 44.93mg (14.98%), Protein: 7.48g (14.97%), Vitamin C: 139.71mg (169.35%), Manganese: 1.53mg (76.71%), Fiber: 9.29g (37.15%), Copper: 0.62mg (31.16%), Magnesium: 119.93mg (29.98%), Folate: 95.8µg (23.95%), Iron: 4.21mg (23.41%), Phosphorus: 210.54mg (21.05%),

Potassium: 659.79mg (18.85%), Vitamin B2: 0.3mg (17.68%), Vitamin B3: 2.45mg (12.24%), Zinc: 1.74mg (11.57%),
Vitamin B1: 0.16mg (10.81%), Vitamin K: 10.86µg (10.35%), Vitamin A: 472.8IU (9.46%), Vitamin E: 1.27mg (8.44%),
Calcium: 84mg (8.4%), Vitamin B6: 0.16mg (8.15%), Selenium: 5.54µg (7.91%), Vitamin B5: 0.52mg (5.18%), Vitamin
D: 0.48µg (3.17%), Vitamin B12: 0.07µg (1.22%)