



Mocha Ganache

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



350 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon coffee granules instant
- 12 ounce semisweet chocolate morsels
- 1 cup whipping cream

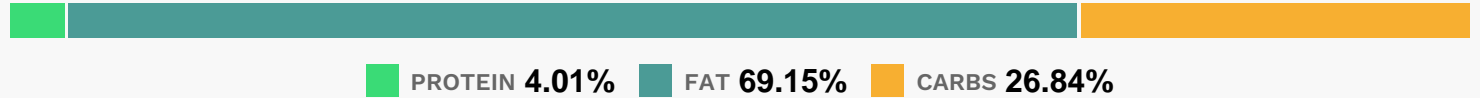
Equipment

- bowl
- microwave

Directions

- Microwave whipping cream in a glass bowl at HIGH 1 minute and 30 seconds or until hot, stirring once.
- Add chocolate morsels and coffee granules; stir until smooth. Chill 30 minutes or until spreading consistency.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.7695651481981%

Nutrients (% of daily need)

Calories: 349.57kcal (17.48%), Fat: 27.03g (41.59%), Saturated Fat: 16.21g (101.33%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 20.21g (7.35%), Sugar: 16.48g (18.31%), Cholesterol: 36.17mg (12.06%), Sodium: 12.52mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 56.2mg (18.73%), Protein: 3.52g (7.05%), Manganese: 0.57mg (28.72%), Copper: 0.53mg (26.74%), Magnesium: 78.97mg (19.74%), Iron: 2.74mg (15.25%), Fiber: 3.4g (13.61%), Phosphorus: 129.71mg (12.97%), Vitamin A: 458.59IU (9.17%), Potassium: 291.5mg (8.33%), Zinc: 1.2mg (8%), Selenium: 4.54µg (6.49%), Calcium: 46.88mg (4.69%), Vitamin B2: 0.08mg (4.54%), Vitamin K: 4.03µg (3.83%), Vitamin E: 0.52mg (3.5%), Vitamin D: 0.48µg (3.17%), Vitamin B3: 0.55mg (2.76%), Vitamin B12: 0.12µg (2.07%), Vitamin B5: 0.2mg (2.04%), Vitamin B1: 0.02mg (1.31%), Vitamin B6: 0.03mg (1.25%)