



Quick Pour Chocolate Fondant

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



841 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 6 cups powdered sugar sifted
- 2 tablespoons plus light
- 3 ounce baker's chocolate unsweetened chopped
- 5 fluid ounces water

Equipment

- sauce pan

Directions

- In a saucepan, combine confectioners' sugar, water and corn syrup. Cook over low heat, stirring constantly, until it reaches a temperature of 92 degrees F (33 degrees C.)
- Remove from heat and stir in chopped chocolate and almond extract until chocolate is melted and mixture is smooth.

Nutrition Facts

 **PROTEIN 1.23%**  **FAT 11.28%**  **CARBS 87.49%**

Properties

Glycemic Index:4.75, Glycemic Load:1.61, Inflammation Score:-3, Nutrition Score:7.8004349107328%

Flavonoids

Catechin: 13.68mg, Catechin: 13.68mg, Catechin: 13.68mg, Catechin: 13.68mg Epicatechin: 30.16mg, Epicatechin: 30.16mg, Epicatechin: 30.16mg, Epicatechin: 30.16mg

Nutrients (% of daily need)

Calories: 840.73kcal (42.04%), Fat: 11.14g (17.15%), Saturated Fat: 6.88g (42.99%), Carbohydrates: 194.56g (64.85%), Net Carbohydrates: 191.03g (69.47%), Sugar: 184.81g (205.34%), Cholesterol: 0mg (0%), Sodium: 17.46mg (0.76%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Caffeine: 17.01mg (5.67%), Protein: 2.74g (5.49%), Manganese: 0.9mg (44.77%), Copper: 0.71mg (35.33%), Iron: 3.81mg (21.16%), Magnesium: 70.13mg (17.53%), Zinc: 2.12mg (14.12%), Fiber: 3.53g (14.12%), Phosphorus: 85.11mg (8.51%), Potassium: 181.67mg (5.19%), Selenium: 2.88µg (4.11%), Vitamin B2: 0.06mg (3.32%), Calcium: 25.92mg (2.59%), Vitamin B1: 0.04mg (2.52%), Vitamin K: 2.06µg (1.96%), Folate: 5.95µg (1.49%), Vitamin B3: 0.29mg (1.46%)