



Simple Chocolate Fondue



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



566 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 ounces chocolate dark chopped
- ☐ 1 quart cup heavy whipping cream
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon frangelico
- ☐ 1 tablespoon frangelico

Equipment

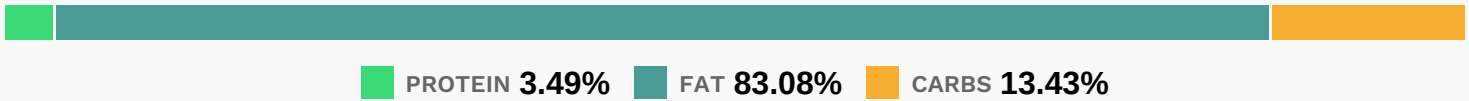
- ☐ bowl

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a heavy-bottomed saucepan, bring sugar and heavy cream to a boil.
- ☐ In a separate bowl, place chopped chocolate and add a quarter of the hot cream mixture to the chocolate. Stir to melt chocolate. Continue to add more hot cream, a quarter at a time, until chocolate is fully melted and combined with cream.
- ☐ Pour back into saucepan and bring to a simmer while stirring.
- ☐ Add Cointreau to taste.
- ☐ Stir in butter until mixture is combined and glossy.
- ☐ Pour into hot fondue pot and serve with dried apricots, strawberries, bananas, apples, pineapples, marshmallows, graham crackers, etc.

Nutrition Facts



Properties

Glycemic Index:17.89, Glycemic Load:6.08, Inflammation Score:-8, Nutrition Score:9.3504347749378%

Nutrients (% of daily need)

Calories: 565.96kcal (28.3%), Fat: 53.21g (81.86%), Saturated Fat: 33.31g (208.21%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 17.03g (6.19%), Sugar: 14.79g (16.44%), Cholesterol: 138.07mg (46.02%), Sodium: 47.51mg (2.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.01mg (5.67%), Protein: 5.03g (10.06%), Vitamin A: 1790.95IU (35.82%), Manganese: 0.42mg (20.78%), Copper: 0.39mg (19.45%), Iron: 2.65mg (14.73%), Magnesium: 56.79mg (14.2%), Vitamin B2: 0.24mg (14.16%), Phosphorus: 134.52mg (13.45%), Vitamin D: 1.89µg (12.62%), Calcium: 94.08mg (9.41%), Fiber: 2.32g (9.27%), Vitamin E: 1.25mg (8.36%), Potassium: 264.95mg (7.57%), Selenium: 5.05µg (7.21%), Zinc: 0.99mg (6.6%), Vitamin K: 5.46µg (5.2%), Vitamin B12: 0.25µg (4.2%), Vitamin B5: 0.39mg (3.92%), Vitamin B6: 0.05mg (2.48%), Vitamin B1: 0.03mg (2.07%), Vitamin B3: 0.3mg (1.5%), Folate: 4.78µg (1.2%)