



## Simple Dark Chocolate Fondue

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**18**

CALORIES



**263 kcal**

DESSERT

### Ingredients

- 18 servings apples
- 8 oz chocolate dark sweet chopped
- 18 servings maraschino cherries with stems
- 18 servings marshmallows
- 18 servings orange sections
- 18 servings pineapple chunks
- 18 servings strawberries
- 0.5 cup sugar

0.8 cup whipping cream

## Equipment

sauce pan

pot

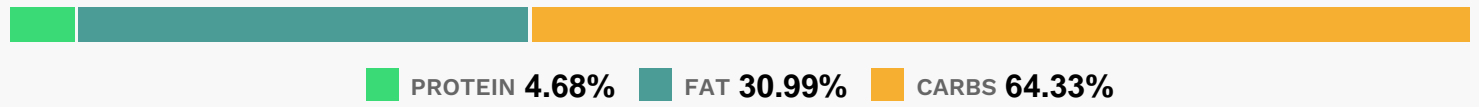
## Directions

In 2-quart saucepan, heat all fondue ingredients over medium heat, stirring constantly, just until chocolate is melted.

Pour mixture into fondue pot; keep warm over low heat.

Spear desired dippers with fondue forks; dip into fondue.

## Nutrition Facts



## Properties

Glycemic Index:14.89, Glycemic Load:14.53, Inflammation Score:-8, Nutrition Score:14.496521747631%

## Flavonoids

Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 14.16mg, Naringenin: 14.16mg, Naringenin: 14.16mg, Naringenin: 14.16mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

## Nutrients (% of daily need)

Calories: 263.36kcal (13.17%), Fat: 9.63g (14.81%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 44.97g (14.99%), Net Carbohydrates: 36.88g (13.41%), Sugar: 33.47g (37.19%), Cholesterol: 11.58mg (3.86%), Sodium: 8.33mg (0.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.08mg (3.36%), Protein: 3.27g (6.54%), Vitamin C: 135.58mg (164.34%), Manganese: 0.85mg (42.33%), Fiber: 8.09g (32.35%), Copper: 0.36mg (17.98%), Folate: 63.89µg (15.97%), Potassium: 552.06mg (15.77%), Magnesium: 60.64mg (15.16%), Iron: 2.29mg (12.74%), Phosphorus: 98.89mg (9.89%), Vitamin B1: 0.13mg (8.72%), Calcium: 81.48mg (8.15%), Vitamin A: 406.97IU (8.14%), Vitamin B6: 0.16mg (7.83%), Vitamin B2: 0.11mg (6.69%), Vitamin E: 0.86mg (5.74%), Vitamin K: 5.86µg (5.58%), Vitamin B5: 0.52mg (5.24%), Vitamin B3: 1.01mg (5.05%), Zinc: 0.75mg (4.97%), Selenium: 2.24µg (3.21%), Vitamin D: 0.16µg (1.06%)