



Slow-Cooker Chocolate Fondue

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



297 kcal

Ingredients

- 8 oz baker's chocolate dark finely chopped
- 0.5 cup whipping cream
- 0.5 cup butter
- 1 teaspoon baileys irish cream (coffee-flavored, amaretto or Irish cream)
- 1 serving marshmallows fresh assorted

Equipment

- ramekin
- slow cooker

Directions

- Pour 2 cups water into 6-quart slow cooker. Divide chocolate, cream, butter and liqueur evenly into 2 ungreased 1-cup ramekins.
- Place ramekins in slow cooker.
- Cover; cook on Low heat setting 45 to 60 minutes or until chocolate and butter are melted.
- Remove ramekins from slow cooker. Stir fondue well.
- Serve with fruit.

Nutrition Facts

PROTEIN 4.97% **FAT 84.25%** **CARBS 10.78%**

Properties

Glycemic Index:13.81, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:11.120434760399%

Flavonoids

Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg

Nutrients (% of daily need)

Calories: 296.74kcal (14.84%), Fat: 31.79g (48.9%), Saturated Fat: 19.93g (124.59%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 4.44g (1.61%), Sugar: 0.9g (1%), Cholesterol: 47.31mg (15.77%), Sodium: 102.15mg (4.44%), Alcohol: 0.08g (100%), Alcohol %: 0.18% (100%), Caffeine: 22.68mg (7.56%), Protein: 4.22g (8.44%), Manganese: 1.18mg (59.07%), Copper: 0.92mg (45.91%), Iron: 4.95mg (27.5%), Magnesium: 94.03mg (23.51%), Fiber: 4.71g (18.82%), Zinc: 2.78mg (18.52%), Phosphorus: 125.44mg (12.54%), Vitamin A: 573.21IU (11.46%), Potassium: 252.84mg (7.22%), Calcium: 41.86mg (4.19%), Selenium: 2.89µg (4.12%), Vitamin K: 4.22µg (4.02%), Vitamin E: 0.58mg (3.86%), Vitamin B2: 0.06mg (3.6%), Vitamin B1: 0.05mg (3.02%), Folate: 8.96µg (2.24%), Vitamin B3: 0.4mg (2%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.1mg (1.01%)