



Slow-Cooker Chocolate Fondue

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



300 kcal

Ingredients

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

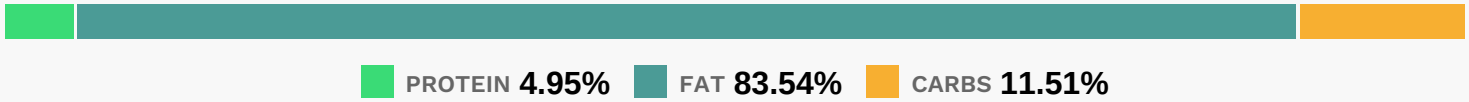
Equipment

- ☐ 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



Properties

Glycemic Index:13.81, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:11.126956617703%

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: 299.53kcal (14.98%), Fat: 31.79g (48.9%), Saturated Fat: 19.93g (124.59%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 5.15g (1.87%), Sugar: 1.4g (1.56%), Cholesterol: 47.31mg (15.77%), Sodium: 102.85mg (4.47%), Alcohol: 0.08g (100%), Alcohol %: 0.18% (100%), Caffeine: 22.68mg (7.56%), Protein: 4.24g (8.47%), Manganese: 1.18mg (59.08%), Copper: 0.92mg (45.96%), Iron: 4.95mg (27.52%), Magnesium: 94.05mg (23.51%), Fiber: 4.71g (18.83%), Zinc: 2.78mg (18.53%), Phosphorus: 125.51mg (12.55%), Vitamin A: 573.21IU (11.46%), Potassium: 252.89mg (7.23%), Calcium: 41.89mg (4.19%), Selenium: 2.9µg (4.14%), 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: 8.97µg (2.24%), Vitamin B3: 0.4mg (2%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.1mg (1.01%)