



White chocolate fondue



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



510 kcal

DESSERT

Ingredients

- ☐ 200 g chocolate white coarsely chopped
- ☐ 50 g butter unsalted
- ☐ 142 ml double cream
- ☐ 1 tsp vanilla extract
- ☐ 250 g blackberries chilled

Equipment

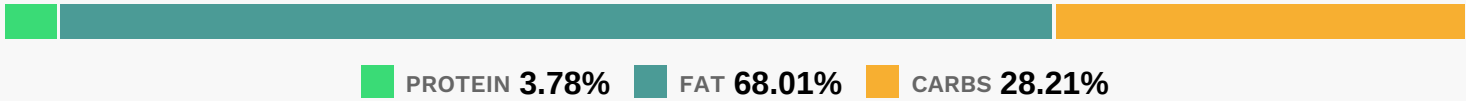
- ☐ bowl
- ☐ sauce pan

☐ pot

Directions

- ☐ Combine the white chocolate, unsalted butter, double cream and vanilla extract in a heatproof bowl set over a saucepan of simmering water.
- ☐ Heat until melted and smooth, stirring occasionally, for about 5 mins.
- ☐ Transfer to a fondue pot or warm saucepan and serve with chilled cherries or blackberries and strawberries.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:21.32, Inflammation Score:-7, Nutrition Score:9.032608643822%

Flavonoids

Cyanidin: 62.47mg, Cyanidin: 62.47mg, Cyanidin: 62.47mg, Cyanidin: 62.47mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 23.16mg, Catechin: 23.16mg, Catechin: 23.16mg, Catechin: 23.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 510.44kcal (25.52%), Fat: 39.39g (60.6%), Saturated Fat: 24.34g (152.15%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 33.35g (12.13%), Sugar: 33.73g (37.48%), Cholesterol: 77.73mg (25.91%), Sodium: 56.74mg (2.47%), Alcohol: 0.36g (100%), Alcohol %: 0.28% (100%), Protein: 4.92g (9.85%), Manganese: 0.41mg (20.55%), Vitamin A: 986.09IU (19.72%), Vitamin K: 18.94µg (18.04%), Vitamin C: 13.59mg (16.47%), Calcium: 144.31mg (14.43%), Fiber: 3.41g (13.65%), Vitamin B2: 0.23mg (13.51%), Phosphorus: 125.53mg (12.55%), Vitamin E: 1.83mg (12.2%), Potassium: 282.73mg (8.08%), Copper: 0.14mg (6.99%), Vitamin B12: 0.36µg (5.97%), Vitamin B5: 0.58mg (5.82%), Magnesium: 21.38mg (5.34%), Zinc: 0.8mg (5.33%), Selenium: 3.7µg (5.28%), Folate: 20.93µg (5.23%), Vitamin D: 0.76µg (5.06%), Vitamin B3: 0.81mg (4.04%), Vitamin B1: 0.05mg (3.46%), Iron: 0.55mg (3.04%), Vitamin B6: 0.06mg (2.99%)