



3-Ingredient Hot Fudge Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



652 kcal

SAUCE

Ingredients

- 1 cup cup heavy whipping cream
- 0.5 cup plus light
- 12 ounces bittersweet chocolate finely chopped

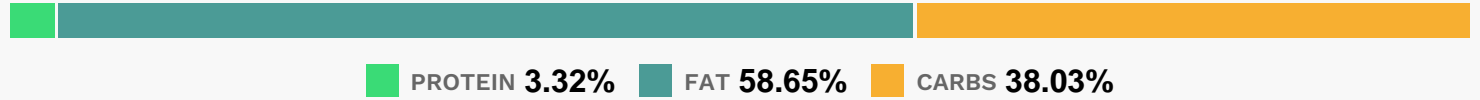
Equipment

- sauce pan
- whisk

Directions

- In a medium saucepan over medium heat, bring cream and corn syrup just to a boil, stirring, until syrup has liquefied, about 2 minutes.
- Remove from heat; whisk in chocolate until melted.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:4.98, Inflammation Score:-7, Nutrition Score:12.34826090284%

Nutrients (% of daily need)

Calories: 652.29kcal (32.61%), Fat: 43.32g (66.64%), Saturated Fat: 25.94g (162.11%), Carbohydrates: 63.21g (21.07%), Net Carbohydrates: 57.76g (21%), Sugar: 52.56g (58.4%), Cholesterol: 57.87mg (19.29%), Sodium: 40.8mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 58.51mg (19.5%), Protein: 5.52g (11.03%), Manganese: 0.9mg (45.1%), Copper: 0.85mg (42.72%), Magnesium: 123.42mg (30.86%), Iron: 4.35mg (24.15%), Fiber: 5.44g (21.77%), Phosphorus: 204.51mg (20.45%), Vitamin A: 733.74IU (14.67%), Zinc: 2.07mg (13.78%), Potassium: 431.34mg (12.32%), Selenium: 7.38µg (10.55%), Calcium: 78.03mg (7.8%), Vitamin B2: 0.12mg (7.23%), Vitamin K: 6.42µg (6.12%), Vitamin E: 0.84mg (5.6%), Vitamin D: 0.76µg (5.08%), Vitamin B1: 0.05mg (3.43%), Vitamin B12: 0.2µg (3.31%), Vitamin B5: 0.33mg (3.25%), Vitamin B3: 0.6mg (3%), Vitamin B6: 0.04mg (1.99%)