



## Ancho-Orange Hot Fudge

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



343 kcal

DESSERT

### Ingredients

- 1 teaspoon ancho chili powder
- 8 tablespoons butter
- 0.5 cup plus light
- 0.3 cup t brown sugar dark packed
- 12 ounce evaporated milk canned
- 0.5 teaspoon orange extract
- 8 servings sea salt to taste
- 4 ounces bittersweet chocolate finely chopped

- 0.3 cup dutch-processed cocoa powder unsweetened
- 1 teaspoon vanilla extract

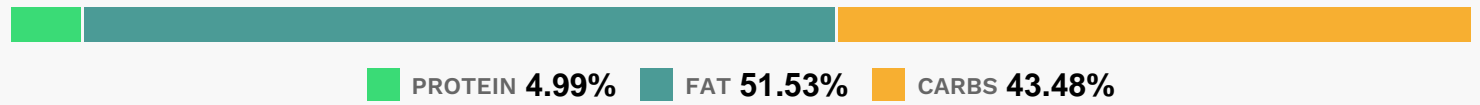
## Equipment

- sauce pan

## Directions

- Place butter, corn syrup, brown sugar, cocoa powder, and chocolate in a medium saucepan. Cook over medium-low heat until chocolate is fully melted, stirring constantly.
- Stir in evaporated milk, bring to a boil, and continue to cook until sauce thickens, about 5 to 10 minutes, stirring occasionally.
- Remove from heat and add in vanilla, chili powder, and orange extract; stir to combine. Season with salt to taste.
- Let sauce cool until warm, then serve over ice cream or store in an airtight container in the refrigerator for up to a week, reheating before use.

## Nutrition Facts



## Properties

Glycemic Index:8.63, Glycemic Load:3.11, Inflammation Score:-5, Nutrition Score:6.3895652410777%

## Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 343.28kcal (17.16%), Fat: 20.45g (31.46%), Saturated Fat: 12.49g (78.09%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 36.6g (13.31%), Sugar: 34.87g (38.74%), Cholesterol: 43.28mg (14.43%), Sodium: 350.79mg (15.25%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Caffeine: 18.37mg (6.12%), Protein: 4.45g (8.91%), Manganese: 0.31mg (15.26%), Phosphorus: 147.41mg (14.74%), Copper: 0.29mg (14.64%), Calcium: 137.96mg (13.8%), Magnesium: 50.32mg (12.58%), Vitamin A: 532.71IU (10.65%), Vitamin B2: 0.16mg (9.14%), Fiber: 2.22g (8.86%), Iron: 1.46mg (8.13%), Potassium: 271.49mg (7.76%), Zinc: 1.01mg (6.71%), Selenium: 3µg (4.29%), Vitamin E: 0.57mg (3.83%), Vitamin B5: 0.35mg (3.51%), Vitamin B1: 0.04mg (2.7%), Vitamin K: 2.59µg (2.46%),

Vitamin B12: 0.12µg (1.96%), Vitamin B6: 0.04mg (1.94%), Vitamin B3: 0.31mg (1.53%), Folate: 4.84µg (1.21%)