



BonBon's Hot Fudge Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



244 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons butter
- ☐ 4 ounces chocolate dark guittard® such as
- ☐ 4 ounces bittersweet chocolate guittard® such as
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1.5 teaspoons vanilla extract

Equipment

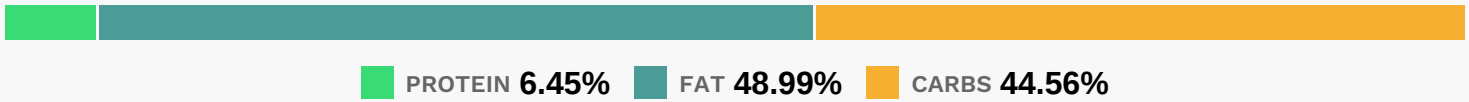
- ☐ sauce pan

Directions

- ☐
- Place sweetened condensed milk into a saucepan with semisweet and dark chocolate and butter over medium-low heat. Melt chocolate and butter, stirring constantly, until the sauce is smooth; stir in vanilla extract.

☐

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:11.74, Inflammation Score:-3, Nutrition Score:5.8760869399361%

Nutrients (% of daily need)

Calories: 243.93kcal (12.2%), Fat: 13.36g (20.56%), Saturated Fat: 8.01g (50.07%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 25.56g (9.3%), Sugar: 23.79g (26.44%), Cholesterol: 19.62mg (6.54%), Sodium: 67.39mg (2.93%), Alcohol: 0.17g (100%), Alcohol %: 0.39% (100%), Caffeine: 15.69mg (5.23%), Protein: 3.96g (7.92%), Manganese: 0.31mg (15.62%), Copper: 0.29mg (14.51%), Phosphorus: 138.22mg (13.82%), Magnesium: 46.91mg (11.73%), Calcium: 107.58mg (10.76%), Iron: 1.79mg (9.92%), Selenium: 6.37µg (9.09%), Vitamin B2: 0.15mg (8.9%), Fiber: 1.79g (7.14%), Potassium: 245.43mg (7.01%), Zinc: 0.88mg (5.85%), Vitamin A: 184.18IU (3.68%), Vitamin B12: 0.19µg (3.25%), Vitamin B5: 0.32mg (3.2%), Vitamin B1: 0.04mg (2.42%), Vitamin K: 1.81µg (1.73%), Vitamin E: 0.25mg (1.64%), Vitamin B3: 0.25mg (1.26%), Vitamin B6: 0.02mg (1.2%), Vitamin C: 0.86mg (1.04%)