



Brown Sugar-Cinnamon Hot Fudge Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



372 kcal

SAUCE

Ingredients

- 8 oz chocolate baking squares unsweetened
- 1 cup firmly brown sugar packed
- 0.5 cup butter
- 0.5 teaspoon ground cinnamon
- 1 cup milk
- 0.1 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract

Equipment

- bowl
- sauce pan
- microwave

Directions

- Melt chocolate and butter in a large, heavy saucepan over low heat, stirring constantly.
- Add sugar and brown sugar, and cook, stirring constantly, 30 seconds or until blended.
- Add milk, and cook, stirring constantly, 3 minutes or until thoroughly heated and sugar is dissolved. (Do not boil.)
- Remove from heat. Stir in vanilla extract, ground cinnamon, and salt. Cover and chill sauce up to 2 weeks.
- Note: To reheat, microwave sauce in a microwave-safe bowl, stirring occasionally, at HIGH for 15- to 30-second intervals or until warm.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:14.4, Inflammation Score:-5, Nutrition Score:9.58347837303%

Flavonoids

Catechin: 14.59mg, Catechin: 14.59mg, Catechin: 14.59mg, Catechin: 14.59mg Epicatechin: 32.17mg, Epicatechin: 32.17mg, Epicatechin: 32.17mg, Epicatechin: 32.17mg

Nutrients (% of daily need)

Calories: 371.64kcal (18.58%), Fat: 21.91g (33.72%), Saturated Fat: 13.63g (85.16%), Carbohydrates: 49.55g (16.52%), Net Carbohydrates: 45.73g (16.63%), Sugar: 42.74g (47.49%), Cholesterol: 27.33mg (9.11%), Sodium: 123.17mg (5.36%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Caffeine: 18.14mg (6.05%), Protein: 3.85g (7.71%), Manganese: 0.98mg (48.97%), Copper: 0.75mg (37.29%), Iron: 4.12mg (22.91%), Magnesium: 79.41mg (19.85%), Zinc: 2.31mg (15.37%), Fiber: 3.82g (15.27%), Phosphorus: 119.05mg (11.91%), Calcium: 75.17mg (7.52%), Potassium: 258.25mg (7.38%), Vitamin A: 323.46IU (6.47%), Selenium: 2.8µg (4%), Vitamin B2: 0.06mg (3.79%), Vitamin B1: 0.05mg (3.18%), Vitamin K: 3.1µg (2.95%), Vitamin B12: 0.15µg (2.52%), Vitamin E: 0.37mg (2.46%), Vitamin B3:

0.36mg (1.82%), Vitamin D: 0.27 μ g (1.79%), Folate: 6.92 μ g (1.73%), Vitamin B5: 0.17mg (1.71%), Vitamin B6: 0.03mg (1.53%)