



## Caramel-Fudge Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



547 kcal

DESSERT

### Ingredients

- 4 ounces bittersweet chocolate finely chopped
- 2 tablespoons plus dark light
- 0.8 cup heavy cream
- 1 pinch salt
- 0.5 cup sugar
- 4 tablespoons butter unsalted
- 1 teaspoon vanilla extract pure
- 2 tablespoons water

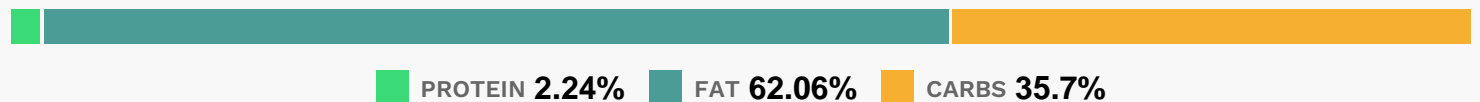
## Equipment

- frying pan
- sauce pan
- whisk
- microwave

## Directions

- Put the sugar, corn syrup, and water in a medium saucepan. Cook over medium-high heat, brushing down the sides of the pan as needed with water, until the sugar dissolves. Continue to cook, swirling the pan but not stirring, until the sugar is amber in color, about 8 minutes. Pull pan from the heat and carefully add the cream and butter. Take care; it may spatter.
- Whisk until smooth.
- Stir the chocolate, vanilla, and salt into the hot caramel until smooth.
- Serve sauce warm.
- Store in a sealed container in the refrigerator for up to 1 week. Reheat slowly, in a microwave at 30-second intervals, stirring, until warm and saucy. Be careful not to overheat or butter can separate from the caramel sauce.

## Nutrition Facts



## Properties

Glycemic Index:40.02, Glycemic Load:25.13, Inflammation Score:-6, Nutrition Score:6.8652173747187%

## Nutrients (% of daily need)

Calories: 546.84kcal (27.34%), Fat: 38.41g (59.09%), Saturated Fat: 23.7g (148.13%), Carbohydrates: 49.7g (16.57%), Net Carbohydrates: 47.43g (17.25%), Sugar: 45.33g (50.37%), Cholesterol: 82.23mg (27.41%), Sodium: 43.88mg (1.91%), Alcohol: 0.34g (100%), Alcohol %: 0.33% (100%), Caffeine: 24.38mg (8.13%), Protein: 3.12g (6.24%), Vitamin A: 1020.02IU (20.4%), Manganese: 0.39mg (19.55%), Copper: 0.37mg (18.52%), Magnesium: 54.37mg (13.59%), Iron: 1.89mg (10.52%), Phosphorus: 104.22mg (10.42%), Fiber: 2.27g (9.07%), Vitamin B2: 0.11mg (6.43%), Selenium: 4.33µg (6.18%), Vitamin D: 0.92µg (6.16%), Potassium: 213.32mg (6.09%), Vitamin E: 0.9mg (6.02%), Zinc: 0.88mg (5.86%), Calcium: 52.96mg (5.3%), Vitamin K: 4.45µg (4.24%), Vitamin B12: 0.15µg (2.44%), Vitamin B5: 0.22mg

(2.17%), Vitamin B3: 0.28mg (1.39%), Vitamin B6: 0.03mg (1.35%), Vitamin B1: 0.02mg (1.33%)