



Champagne-Chocolate Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



219 kcal

SAUCE

Ingredients

- 1 tablespoon butter
- 12 ounce chocolate candy bars dark finely chopped
- 0.5 cup sparkling wine

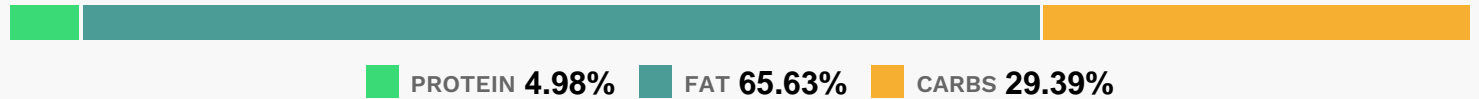
Equipment

- bowl
- whisk
- microwave

Directions

- Microwave chocolate and butter in a 2-quart microwave-safe bowl at HIGH 1 minute or just until chocolate begins to melt, stirring after 30 seconds.
- Whisk in Champagne, whisking until chocolate melts and mixture is smooth (mixture may appear broken, but continue to whisk until smooth).
- Note: For testing purposes only, we used Hershey's Special Dark Chocolate candy bars.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:2.74, Inflammation Score:-4, Nutrition Score:7.180869627582%

Nutrients (% of daily need)

Calories: 219.26kcal (10.96%), Fat: 15.64g (24.06%), Saturated Fat: 9.05g (56.57%), Carbohydrates: 15.75g (5.25%), Net Carbohydrates: 12.05g (4.38%), Sugar: 8.3g (9.22%), Cholesterol: 4.03mg (1.34%), Sodium: 16.63mg (0.72%), Alcohol: 0.76g (100%), Alcohol %: 2.03% (100%), Caffeine: 27.22mg (9.07%), Protein: 2.67g (5.34%), Manganese: 0.66mg (33.13%), Copper: 0.6mg (30.1%), Iron: 4.1mg (22.75%), Magnesium: 78.77mg (19.69%), Fiber: 3.71g (14.83%), Phosphorus: 106.89mg (10.69%), Zinc: 1.14mg (7.58%), Potassium: 253.96mg (7.26%), Selenium: 2.35µg (3.36%), Calcium: 26.23mg (2.62%), Vitamin K: 2.58µg (2.46%), Vitamin B3: 0.37mg (1.85%), Vitamin B2: 0.03mg (1.66%), Vitamin B12: 0.1µg (1.63%), Vitamin E: 0.23mg (1.55%), Vitamin B5: 0.14mg (1.44%)