



## Chocolate Dipping Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



366 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons cornstarch
- 1 egg yolk beaten
- 9.3 ounce milk chocolate bars chopped
- 0.3 teaspoon salt
- 0.8 cup sugar
- 0.5 teaspoon vanilla extract
- 2 cups whipping cream

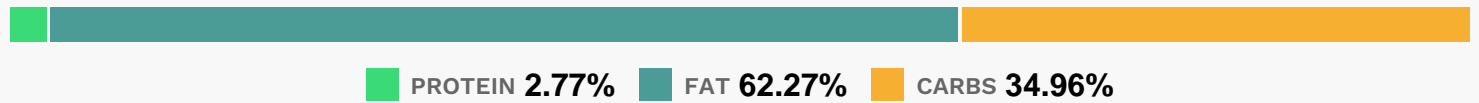
### Equipment

- bowl
- sauce pan
- whisk

## Directions

- Combine first 4 ingredients in a small saucepan. Stir in cream. Cook over low heat, stirring constantly, just until chocolate is melted.
- Whisk 1/2 cup warm chocolate mixture into egg yolk in a small bowl; add to remaining warm chocolate mixture. Increase heat to medium-low, and cook 20 minutes, whisking constantly, just until sauce comes to a boil.
- Remove from heat; stir in vanilla.
- Pour into a serving bowl.
- Note: Leftover sauce can be refrigerated and served as pudding.

## Nutrition Facts



## Properties

Glycemic Index:11.27, Glycemic Load:16.64, Inflammation Score:-5, Nutrition Score:4.4791304793047%

## Nutrients (% of daily need)

Calories: 365.73kcal (18.29%), Fat: 26.73g (41.12%), Saturated Fat: 16.41g (102.59%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 32.3g (11.75%), Sugar: 29.97g (33.3%), Cholesterol: 73.23mg (24.41%), Sodium: 76.38mg (3.32%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Caffeine: 17.4mg (5.8%), Protein: 2.67g (5.34%), Vitamin A: 725.68IU (14.51%), Vitamin B2: 0.17mg (9.72%), Magnesium: 33.29mg (8.32%), Copper: 0.16mg (8%), Phosphorus: 73.6mg (7.36%), Manganese: 0.13mg (6.69%), Fiber: 1.46g (5.86%), Vitamin D: 0.86µg (5.73%), Selenium: 3.31µg (4.73%), Iron: 0.84mg (4.67%), Calcium: 40.31mg (4.03%), Zinc: 0.55mg (3.69%), Vitamin E: 0.55mg (3.69%), Potassium: 124.3mg (3.55%), Vitamin K: 3.2µg (3.04%), Vitamin B5: 0.19mg (1.94%), Vitamin B12: 0.11µg (1.85%), Vitamin B6: 0.03mg (1.72%), Folate: 5.32µg (1.33%), Vitamin B1: 0.02mg (1.2%), Vitamin B3: 0.21mg (1.04%)