



Chocolate Espresso Sauce



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



254 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 ounces bittersweet chocolate 60% finely chopped (cacao)
- ☐ 1.5 tablespoons plus light
- ☐ 0.5 tablespoon espresso powder instant
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup water

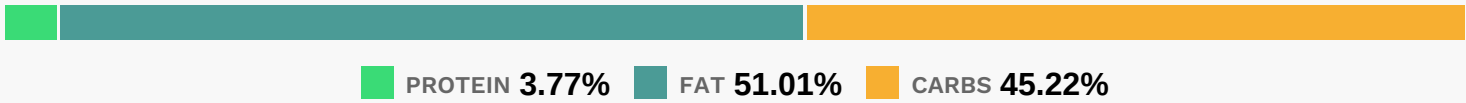
Equipment

- ☐ sauce pan

Directions

- ☐ Combine espresso powder, 1/3 cup water, and corn syrup in a small heavy saucepan, and bring it to a boil, stirring.
- ☐ Remove from heat and stir in vanilla and chocolate, stirring until chocolate is melted and sauce is smooth.
- ☐ •Sauce can be made 3 days ahead and kept chilled, covered. Warm over low heat before serving.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:1.61, Inflammation Score:-3, Nutrition Score:5.9486957296081%

Nutrients (% of daily need)

Calories: 253.89kcal (12.69%), Fat: 14.51g (22.32%), Saturated Fat: 8.33g (52.06%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 25.91g (9.42%), Sugar: 22.37g (24.85%), Cholesterol: 2.27mg (0.76%), Sodium: 12.25mg (0.53%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Caffeine: 58.67mg (19.56%), Protein: 2.42g (4.83%), Manganese: 0.52mg (25.79%), Copper: 0.48mg (23.87%), Magnesium: 69.66mg (17.42%), Iron: 2.43mg (13.48%), Fiber: 3.02g (12.1%), Phosphorus: 100.82mg (10.08%), Zinc: 1.06mg (7.04%), Potassium: 244.43mg (6.98%), Selenium: 3.36µg (4.8%), Vitamin B3: 0.55mg (2.77%), Calcium: 26.87mg (2.69%), Vitamin K: 2.74µg (2.61%), Vitamin E: 0.22mg (1.49%), Vitamin B1: 0.02mg (1.25%), Vitamin B2: 0.02mg (1.14%), Vitamin B5: 0.11mg (1.14%), Vitamin B12: 0.07µg (1.13%)