

Chocolate Fudge Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



13 kcal

DESSERT

Ingredients

- 1 tablespoon cornstarch
- 48 servings try build-a-meal
- 0.5 cup sugar
- 0.3 cup cocoa unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup water

Equipment

- sauce pan

whisk

Directions

- Combine first 3 ingredients in a medium saucepan; stir well with a whisk. Stir in water. Bring to a boil over medium heat; cook 1 minute.
- Remove from heat; stir in vanilla. Spoon into an airtight container; chill.

Nutrition Facts



Properties

Glycemic Index:1.46, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:0.57782609048097%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 13.16kcal (0.66%), Fat: 0.1g (0.15%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.79g (1.01%), Sugar: 2.11g (2.34%), Cholesterol: 0mg (0%), Sodium: 0.23mg (0.01%), Alcohol: 0.03g (100%), Alcohol %: 0.67% (100%), Protein: 0.23g (0.46%), Manganese: 0.08mg (4.23%), Fiber: 0.39g (1.57%), Copper: 0.02mg (1.23%), Magnesium: 4.75mg (1.19%)