



Chocolate Fudge Sauce

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 0.5 pound bittersweet chocolate coarsely chopped
- ☐ 2 tablespoons rum dark
- ☐ 0.3 cup heavy cream
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 cup water

Equipment

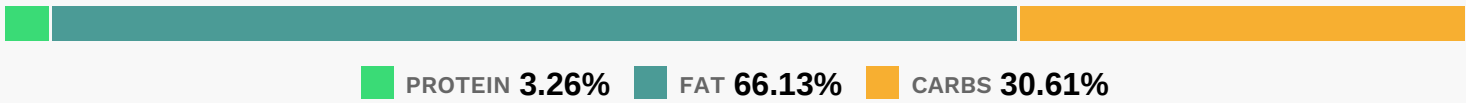
- ☐ bowl

☐ sauce pan

Directions

- ☐ Melt the butter in a medium saucepan.
- ☐ Add the water, cream, and honey and bring to a simmer over moderately high heat.
- ☐ Put the chocolate in a medium, heat-proof bowl and pour the hot cream mixture on top.
- ☐ Let stand until the chocolate melts, 1 minute, then stir until smooth. Stir in the rum.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:3.01, Inflammation Score:-4, Nutrition Score:6.6208694855804%

Nutrients (% of daily need)

Calories: 346.83kcal (17.34%), Fat: 24.93g (38.36%), Saturated Fat: 14.96g (93.53%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 22.92g (8.34%), Sugar: 20.01g (22.24%), Cholesterol: 32.26mg (10.75%), Sodium: 9.44mg (0.41%), Alcohol: 1.67g (100%), Alcohol %: 2.36% (100%), Caffeine: 32.51mg (10.84%), Protein: 2.77g (5.54%), Manganese: 0.51mg (25.39%), Copper: 0.48mg (24.05%), Magnesium: 67.93mg (16.98%), Iron: 2.43mg (13.53%), Fiber: 3.04g (12.15%), Phosphorus: 108.11mg (10.81%), Vitamin A: 388.2IU (7.76%), Zinc: 1.06mg (7.06%), Potassium: 232.3mg (6.64%), Selenium: 3.7µg (5.28%), Calcium: 34.85mg (3.49%), Vitamin K: 3.63µg (3.46%), Vitamin E: 0.51mg (3.38%), Vitamin B2: 0.05mg (2.86%), Vitamin D: 0.32µg (2.11%), Vitamin B3: 0.34mg (1.69%), Vitamin B12: 0.1µg (1.68%), Vitamin B5: 0.16mg (1.6%), Vitamin B1: 0.02mg (1.03%)