



Chocolate Glaze

READY IN



10 min.

SERVINGS



5

CALORIES



408 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup milk
- ☐ 1.5 cups powdered sugar
- ☐ 5 servings try build-a-meal
- ☐ 6 ounces nestle toll house semi-sweet chocolate morsels

Equipment

- ☐ frying pan
- ☐ sauce pan

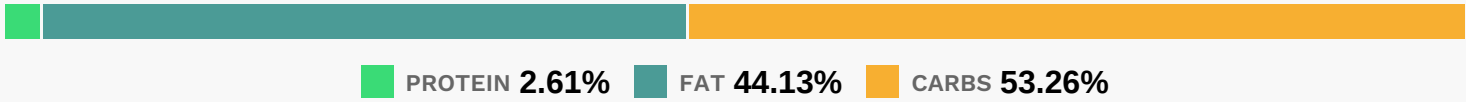
☐

whisk

Directions

- ☐ Whisk together first 3 ingredients in a heavy saucepan over low heat, and cook, whisking constantly, 5 minutes or until butter and chocolate melt.
- ☐ Remove pan from heat; whisk in powdered sugar until smooth and of spreading consistency.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:6.2708695236108%

Nutrients (% of daily need)

Calories: 407.8kcal (20.39%), Fat: 20.26g (31.17%), Saturated Fat: 12.04g (75.26%), Carbohydrates: 55.02g (18.34%), Net Carbohydrates: 52.08g (18.94%), Sugar: 48.3g (53.66%), Cholesterol: 21.57mg (7.19%), Sodium: 62.78mg (2.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.26mg (9.75%), Protein: 2.69g (5.39%), Manganese: 0.52mg (25.98%), Copper: 0.43mg (21.71%), Magnesium: 63.99mg (16%), Iron: 2.24mg (12.43%), Fiber: 2.95g (11.79%), Phosphorus: 109.11mg (10.91%), Zinc: 1.02mg (6.79%), Potassium: 221.23mg (6.32%), Selenium: 3.9µg (5.57%), Vitamin A: 246.8IU (4.94%), Calcium: 39.03mg (3.9%), Vitamin K: 3.13µg (2.98%), Vitamin E: 0.42mg (2.77%), Vitamin B2: 0.05mg (2.72%), Vitamin B12: 0.14µg (2.36%), Vitamin B3: 0.36mg (1.78%), Vitamin B5: 0.17mg (1.72%), Vitamin B1: 0.02mg (1.41%), Vitamin B6: 0.02mg (1.16%)