

Chocolate Glaze I

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon plus
- ☐ 0.5 cup semi chocolate chips

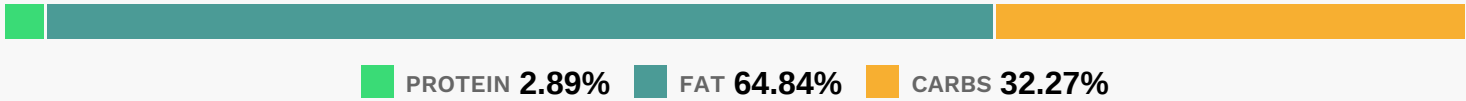
Equipment

- ☐ double boiler
- ☐ microwave

Directions

- ☐ In a double boiler, melt together butter, chocolate, and syrup. Alternatively, you can melt the chocolate in the microwave, and then blend in the other ingredients.
- ☐ Pour glaze while still warm over cake.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:3.6791303956314%

Nutrients (% of daily need)

Calories: 196.03kcal (9.8%), Fat: 14.31g (22.01%), Saturated Fat: 8.56g (53.47%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 14.22g (5.17%), Sugar: 12.49g (13.88%), Cholesterol: 16.4mg (5.47%), Sodium: 50.67mg (2.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.35mg (6.45%), Protein: 1.44g (2.87%), Manganese: 0.3mg (14.91%), Copper: 0.28mg (14.04%), Magnesium: 39.79mg (9.95%), Iron: 1.42mg (7.91%), Fiber: 1.8g (7.2%), Phosphorus: 60.18mg (6.02%), Zinc: 0.63mg (4.18%), Vitamin A: 186.18IU (3.72%), Potassium: 129.31mg (3.69%), Selenium: 2µg (2.86%), Vitamin K: 2.11µg (2.01%), Vitamin E: 0.3mg (1.97%), Calcium: 16.34mg (1.63%)