

Chocolate Gravy II



Vegetarian



Popular

READY IN



20 min.

SERVINGS



8

CALORIES



230 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 4 tablespoons cocoa powder unsweetened
- ☐ 0.8 cup sugar white

Equipment

- ☐ frying pan

Directions

- ☐
- Melt butter in a skillet over medium heat.
- ☐
- Add cocoa and flour; stir until a thick paste is formed. Stir in sugar and milk. Cook, stirring constantly, until thick.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:16.33, Inflammation Score:-4, Nutrition Score:4.1447825742804%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 230.43kcal (11.52%), Fat: 13.9g (21.38%), Saturated Fat: 8.63g (53.97%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 24.93g (9.07%), Sugar: 21.71g (24.12%), Cholesterol: 37.82mg (12.61%), Sodium: 115.2mg (5.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 3.01g (6.03%), Vitamin A: 453.37IU (9.07%), Phosphorus: 87.58mg (8.76%), Calcium: 82.41mg (8.24%), Vitamin B2: 0.12mg (6.93%), Manganese: 0.13mg (6.29%), Vitamin B12: 0.35µg (5.89%), Magnesium: 20.94mg (5.23%), Copper: 0.1mg (5.11%), Vitamin B1: 0.07mg (4.5%), Vitamin D: 0.67µg (4.47%), Selenium: 3.1µg (4.42%), Fiber: 1.03g (4.12%), Potassium: 137.46mg (3.93%), Zinc: 0.46mg (3.08%), Iron: 0.54mg (3.01%), Vitamin B5: 0.27mg (2.67%), Vitamin E: 0.36mg (2.43%), Vitamin B6: 0.04mg (2.12%), Folate: 8.37µg (2.09%), Vitamin B3: 0.36mg (1.78%), Vitamin K: 1.25µg (1.19%)