



Chocolate-Mint Sauce



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



191 kcal

SAUCE

Ingredients

- ☐ 10 ounce mint chocolate morsels
- ☐ 0.8 cup half-and-half
- ☐ 1.5 cups marshmallows miniature
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

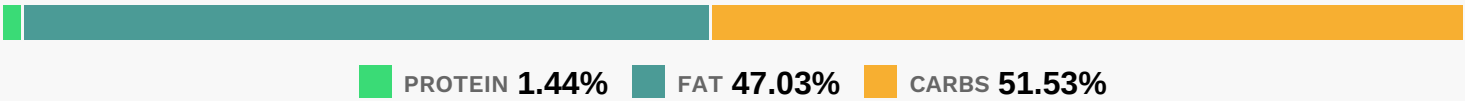
Equipment

- ☐ sauce pan

Directions

- ☐
- Heat half-and-half in a heavy saucepan over low heat. Stir in chocolate morsels, marshmallows, and salt; cook over low heat, stirring constantly, until chocolate and marshmallows are melted.
- ☐
- Remove from heat, and stir in vanilla extract. Cover and store in refrigerator up to 2 days, if desired. To serve warm, heat over low heat 5 minutes, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:3.68, Inflammation Score:-1, Nutrition Score:0.77826086067311%

Nutrients (% of daily need)

Calories: 190.53kcal (9.53%), Fat: 10.2g (15.7%), Saturated Fat: 6.34g (39.65%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 25.15g (9.14%), Sugar: 21.32g (23.69%), Cholesterol: 6.35mg (2.12%), Sodium: 75.24mg (3.27%), Alcohol: 0.14g (100%), Alcohol %: 0.32% (100%), Protein: 0.7g (1.41%), Calcium: 39.98mg (4%), Potassium: 105.93mg (3.03%), Vitamin B2: 0.04mg (2.1%), Phosphorus: 17.87mg (1.79%), Vitamin A: 64.25IU (1.29%), Selenium: 0.71µg (1.01%)