



## Chocolate-Orange Sauce Sundaes

 Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



281 kcal

### Ingredients

- 8 ounces bittersweet chocolate chopped
- 1 tablespoon butter
- 12 cups vanilla yogurt fat-free frozen
- 1 teaspoon grand marnier orange-flavored (liqueur)
- 0.3 cup half-and-half
- 1.5 cups milk 2% reduced-fat
- 1.5 tablespoons orange juice fresh
- 2 teaspoons orange rind grated

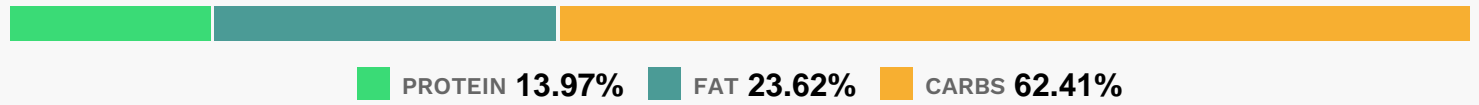
### Equipment

sauce pan

## Directions

- Heat milk and half-and-half in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around the edges (do not boil).
- Remove from heat; add butter and chocolate, stirring until smooth. Stir in rind, juice, and liqueur.
- Serve sauce with frozen yogurt.

## Nutrition Facts



## Properties

Glycemic Index:6.38, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:9.5073913543121%

## Flavonoids

Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 280.85kcal (14.04%), Fat: 7.39g (11.36%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 43.9g (14.63%), Net Carbohydrates: 42.73g (15.54%), Sugar: 41.63g (46.25%), Cholesterol: 9.5mg (3.17%), Sodium: 126.37mg (5.49%), Alcohol: 0.08g (100%), Alcohol %: 0.05% (100%), Caffeine: 12.27mg (4.09%), Protein: 9.82g (19.65%), Calcium: 319.48mg (31.95%), Phosphorus: 280.02mg (28%), Vitamin B2: 0.39mg (22.76%), Selenium: 12.9µg (18.43%), Vitamin B12: 1.02µg (16.92%), Magnesium: 55.58mg (13.89%), Potassium: 476.83mg (13.62%), Manganese: 0.26mg (12.78%), Zinc: 1.86mg (12.39%), Copper: 0.2mg (9.99%), Vitamin B1: 0.09mg (5.97%), Iron: 1.04mg (5.76%), Fiber: 1.16g (4.65%), Folate: 18.34µg (4.58%), Vitamin B6: 0.09mg (4.49%), Vitamin K: 3.2µg (3.05%), Vitamin C: 2.5mg (3.03%), Vitamin A: 91.19IU (1.82%), Vitamin B3: 0.34mg (1.68%), Vitamin E: 0.23mg (1.54%), Vitamin B5: 0.14mg (1.37%)