



Chocolate-Peanut Butter Sauce

 Gluten Free

READY IN



7 min.

SERVINGS



5

CALORIES



143 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup bittersweet chocolate morsels
- 1.5 tablespoons creamy peanut butter
- 0.3 cup milk
- 2 teaspoons sugar

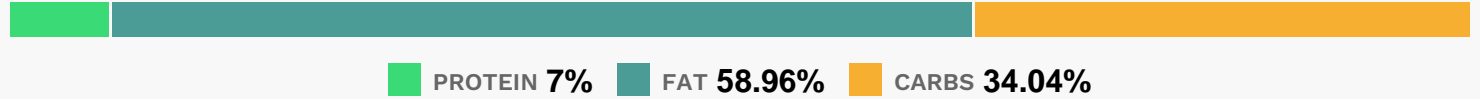
Equipment

- sauce pan
- whisk

Directions

- Combine milk and morsels in a small saucepan. Cook over low heat, whisking constantly, 2 minutes or until smooth.
- Remove from heat, and whisk in peanut butter and sugar until well blended.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:1.45, Inflammation Score:-2, Nutrition Score:3.9639130390209%

Nutrients (% of daily need)

Calories: 143.46kcal (7.17%), Fat: 9.55g (14.7%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 10.78g (3.92%), Sugar: 9.11g (10.12%), Cholesterol: 2.51mg (0.84%), Sodium: 26.99mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.05mg (5.02%), Protein: 2.55g (5.1%), Manganese: 0.3mg (15.14%), Copper: 0.24mg (11.94%), Magnesium: 40.38mg (10.09%), Phosphorus: 74.09mg (7.41%), Iron: 1.19mg (6.61%), Fiber: 1.63g (6.52%), Zinc: 0.64mg (4.24%), Potassium: 144.63mg (4.13%), Vitamin B3: 0.8mg (3.99%), Vitamin E: 0.55mg (3.64%), Calcium: 28.22mg (2.82%), Selenium: 1.91µg (2.73%), Vitamin B2: 0.03mg (2.05%), Vitamin B6: 0.03mg (1.74%), Vitamin B12: 0.1µg (1.62%), Vitamin B5: 0.15mg (1.49%), Vitamin B1: 0.02mg (1.27%), Vitamin K: 1.31µg (1.25%), Folate: 4.13µg (1.03%)