



Chocolate-Peanut Sundae Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 0.5 cup creamy peanut butter
- ☐ 2 cups sugar
- ☐ 1 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water

Equipment

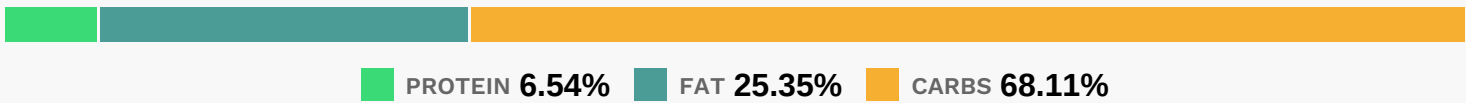
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ microwave

Directions

- ☐ Bring 1 cup water to boil in medium saucepan over medium heat.
- ☐ Whisk in sugar and cocoa powder.
- ☐ Whisk constantly until bubbles form around edge of pan. Simmer until sauce thickens slightly, whisking occasionally, about 3 minutes. Reduce heat to low and whisk in peanut butter. Simmer until sauce thickens and is smooth, whisking occasionally, about 3 minutes longer.
- ☐ Remove from heat; add vanilla. Cool slightly. (Can be made 1 week ahead. Cool completely, then cover and refrigerate.
- ☐ Transfer to small glass bowl. Reheat in bowl over saucepan of simmering water or in microwave.)

Nutrition Facts



Properties

Glycemic Index:8.41, Glycemic Load:28.24, Inflammation Score:-4, Nutrition Score:6.2221739130176%

Flavonoids

Catechin: 5.57mg, Catechin: 5.57mg, Catechin: 5.57mg, Catechin: 5.57mg Epicatechin: 16.89mg, Epicatechin: 16.89mg, Epicatechin: 16.89mg, Epicatechin: 16.89mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 251.77kcal (12.59%), Fat: 7.9g (12.15%), Saturated Fat: 2g (12.48%), Carbohydrates: 47.75g (15.92%), Net Carbohydrates: 43.95g (15.98%), Sugar: 41.48g (46.08%), Cholesterol: 0mg (0%), Sodium: 58.77mg (2.56%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Caffeine: 19.78mg (6.59%), Protein: 4.59g (9.18%), Manganese: 0.52mg (26.08%), Copper: 0.39mg (19.35%), Magnesium: 65mg (16.25%), Fiber: 3.8g (15.2%), Phosphorus: 106.88mg (10.69%), Vitamin B3: 1.9mg (9.52%), Iron: 1.44mg (7.99%), Vitamin E: 1.18mg (7.89%), Zinc: 0.92mg (6.13%), Potassium: 204.87mg (5.85%), Folate: 13.85µg (3.46%), Vitamin B6: 0.07mg (3.38%), Vitamin B2: 0.05mg (3.14%), Selenium: 2µg (2.86%), Calcium: 18.48mg (1.85%), Vitamin B1: 0.02mg (1.64%), Vitamin B5: 0.16mg (1.59%)