



## Chocolate-Rum Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



231 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup light-colored corn syrup
- 1 tablespoon cornstarch
- 1.5 tablespoons rum
- 2.5 tablespoons sugar
- 1.5 tablespoons cocoa unsweetened
- 0.5 teaspoon vanilla extract

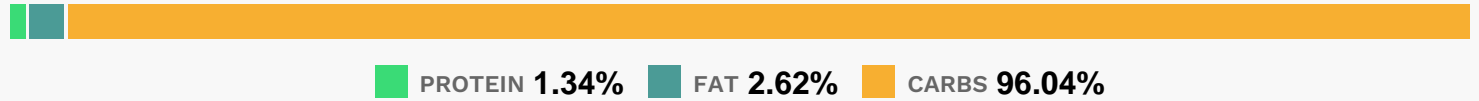
### Equipment

- sauce pan

## Directions

- Combine first 3 ingredients in a small saucepan. Gradually stir in corn syrup and rum. Cook, stirring constantly, over medium heat until slightly thickened.
- Remove from heat; stir in vanilla.

## Nutrition Facts



## Properties

Glycemic Index:52.05, Glycemic Load:16.69, Inflammation Score:-1, Nutrition Score:1.8517391353684%

## Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 231.04kcal (11.55%), Fat: 0.65g (1%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 53.62g (17.87%), Net Carbohydrates: 52.2g (18.98%), Sugar: 47.9g (53.22%), Cholesterol: 0mg (0%), Sodium: 27.93mg (1.21%), Alcohol: 4.1g (100%), Alcohol %: 6.7% (100%), Caffeine: 8.63mg (2.88%), Protein: 0.75g (1.49%), Manganese: 0.15mg (7.55%), Copper: 0.15mg (7.41%), Fiber: 1.42g (5.69%), Magnesium: 19.38mg (4.84%), Iron: 0.55mg (3.07%), Zinc: 0.45mg (3.02%), Phosphorus: 28.56mg (2.86%), Vitamin B1: 0.03mg (1.92%), Potassium: 59.55mg (1.7%), Selenium: 1.04µg (1.48%), Calcium: 10.68mg (1.07%)