



Chocolate Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



356 kcal

SAUCE

Ingredients



0.7 cup cocoa unsweetened



1 teaspoon vanilla extract



1.3 cups water



1.7 cups sugar white

Equipment

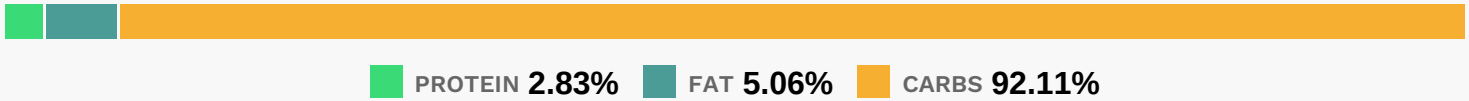


sauce pan

Directions

- ☐ In a medium saucepan over medium heat, combine cocoa, sugar and water. Bring to a boil and let boil 1 minute.
- ☐ Remove from heat and stir in vanilla.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:58.18, Inflammation Score:-4, Nutrition Score:6.2565217513753%

Flavonoids

Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 356.39kcal (17.82%), Fat: 2.23g (3.43%), Saturated Fat: 1.16g (7.23%), Carbohydrates: 91.43g (30.48%), Net Carbohydrates: 86.12g (31.32%), Sugar: 83.54g (92.83%), Cholesterol: 0mg (0%), Sodium: 7.63mg (0.33%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Caffeine: 32.97mg (10.99%), Protein: 2.81g (5.62%), Copper: 0.56mg (28.08%), Manganese: 0.56mg (27.78%), Fiber: 5.3g (21.21%), Magnesium: 72.38mg (18.1%), Iron: 2.04mg (11.31%), Phosphorus: 105.27mg (10.53%), Zinc: 0.99mg (6.62%), Potassium: 221.01mg (6.31%), Selenium: 2.55µg (3.64%), Vitamin B2: 0.05mg (3.02%), Calcium: 21.51mg (2.15%), Vitamin B3: 0.32mg (1.58%), Folate: 4.59µg (1.15%)