



Chocolate Sauce

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



7

CALORIES



127 kcal

SAUCE

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 2.5 ounces bittersweet chocolate chopped
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1 teaspoon coffee instant
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2.5 teaspoons vanilla extract
- ☐ 1 cup water hot

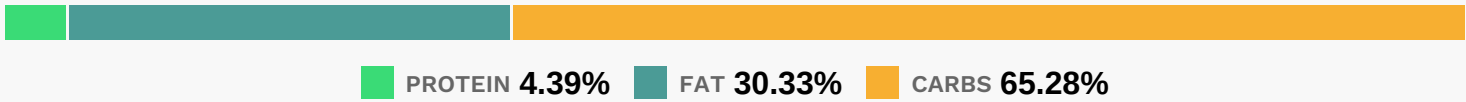
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients (through coffee granules) in a food processor. Process until finely ground (about 1 minute).
- ☐ In a small saucepan, stir water and agave syrup together; bring just to a boil over medium-high heat. With the food processor running, add the syrup mixture, then vanilla. Continue processing until sauce is smooth, scraping down sides as needed.
- ☐ Transfer to a container and refrigerate until chilled (at least 2 hours). Stir before serving over fruit, ice cream, or banana bread.

Nutrition Facts



Properties

Glycemic Index:2.14, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:3.7639130473785%

Flavonoids

Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 126.79kcal (6.34%), Fat: 4.48g (6.89%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 19.34g (7.03%), Sugar: 16.93g (18.81%), Cholesterol: 0.61mg (0.2%), Sodium: 6.26mg (0.27%), Alcohol: 0.49g (100%), Alcohol %: 0.95% (100%), Caffeine: 22.61mg (7.54%), Protein: 1.46g (2.91%), Manganese: 0.3mg (15.12%), Copper: 0.29mg (14.63%), Magnesium: 40.02mg (10%), Fiber: 2.34g (9.36%), Iron: 1.28mg (7.11%), Phosphorus: 57.29mg (5.73%), Potassium: 137.59mg (3.93%), Zinc: 0.56mg (3.71%), Vitamin K: 2.6µg (2.48%), Selenium: 1.68µg (2.4%), Calcium: 19.49mg (1.95%), Vitamin B2: 0.03mg (1.72%), Vitamin C: 1.34mg (1.62%), Vitamin B6: 0.03mg (1.51%), Vitamin B3: 0.28mg (1.42%), Vitamin B1: 0.02mg (1.08%)