



Chocolate Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



238 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:11.68, Glycemic Load:38.78, Inflammation Score:-3, Nutrition Score:4.170434795482%

Flavonoids

Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 237.6kcal (11.88%), Fat: 1.49g (2.29%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 57.41g (20.88%), Sugar: 55.7g (61.88%), Cholesterol: 0mg (0%), Sodium: 5.09mg (0.22%), Alcohol: 0.23g (100%), Alcohol %: 0.25% (100%), Caffeine: 21.98mg (7.33%), Protein: 1.87g (3.75%), Copper: 0.37mg (18.72%), Manganese: 0.37mg (18.52%), Fiber: 3.54g (14.14%), Magnesium: 48.26mg (12.06%), Iron: 1.36mg (7.54%), Phosphorus: 70.18mg (7.02%), Zinc: 0.66mg (4.41%), Potassium: 147.34mg (4.21%), Selenium: 1.7µg (2.43%), Vitamin B2: 0.03mg (2.01%), Calcium: 14.34mg (1.43%), Vitamin B3: 0.21mg (1.06%)