

Chocolate Syrup



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons dutch process cocoa
- ☐ 0.5 cup semisweet chocolate morsels
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

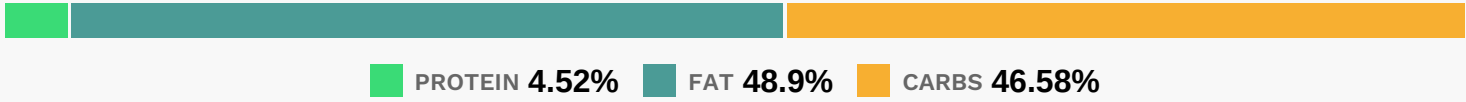
- ☐ sauce pan

Directions

- ☐
- Combine first 4 ingredients in a small saucepan, and stir well. Cook over medium heat until smooth.

☐☐

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:8.38, Inflammation Score:-4, Nutrition Score:8.9352175295353%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 319.59kcal (15.98%), Fat: 17.96g (27.64%), Saturated Fat: 10.32g (64.48%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 33.05g (12.02%), Sugar: 28.65g (31.83%), Cholesterol: 2.7mg (0.9%), Sodium: 6.47mg (0.28%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Caffeine: 50.2mg (16.73%), Protein: 3.73g (7.47%), Manganese: 0.79mg (39.49%), Copper: 0.75mg (37.74%), Magnesium: 104.36mg (26.09%), Fiber: 5.45g (21.8%), Iron: 3.55mg (19.7%), Phosphorus: 153.73mg (15.37%), Zinc: 1.54mg (10.24%), Potassium: 332.13mg (9.49%), Selenium: 4.57µg (6.52%), Calcium: 34.92mg (3.49%), Vitamin K: 3.37µg (3.2%), Vitamin B3: 0.49mg (2.44%), Vitamin B2: 0.04mg (2.17%), Vitamin E: 0.27mg (1.8%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.08µg (1.35%), Vitamin B1: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.07%)