



Chocolate Syrup

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



35 kcal

SIDE DISH

Ingredients

- 2 tbsp agave nectar
- 1 tbsp cornstarch
- 0.3 cup cocoa unsweetened
- 1 tbsp water

Equipment

- whisk

Directions

- Combine cornstarch with 2 tbsp of water and set aside.
- Whisk cocoa and water together, then stir in agave and cornstarch mixture. Gently bring the mixture to a boil over medium heat, stirring frequently until the sauce thickens to desired consistency.
- Add more agave if necessary. If it becomes too thick, thin it out with a little non-dairy milk.

Amount Per Serving

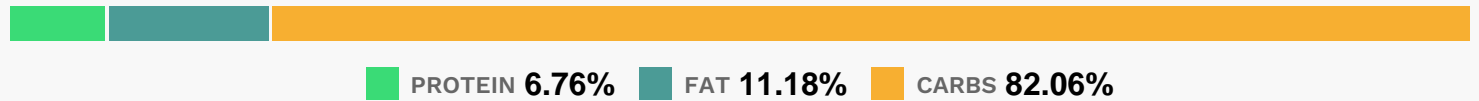
Calories

Fat

NA Carbohydrate

gDietary Fiber NA Sugars NA Protein NA

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:1.8208695611228%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 34.95kcal (1.75%), Fat: 0.52g (0.8%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 7.29g (2.65%), Sugar: 4.82g (5.36%), Cholesterol: 0mg (0%), Sodium: 1.28mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.24mg (2.75%), Protein: 0.71g (1.42%), Manganese: 0.14mg (6.93%), Copper: 0.14mg (6.88%), Fiber: 1.35g (5.41%), Magnesium: 18.02mg (4.5%), Iron: 0.51mg (2.84%), Phosphorus: 26.55mg (2.65%), Zinc: 0.25mg (1.64%), Vitamin K: 1.66µg (1.59%), Potassium: 54.79mg (1.57%), Vitamin C: 1.19mg (1.44%), Vitamin B2: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.03%)