



## Classic Hot Fudge Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



98 kcal

SAUCE

## Ingredients

- ☐ 3 ounces bittersweet chocolate finely chopped
- ☐ 2 teaspoons butter
- ☐ 2 tablespoons light-colored corn syrup
- ☐ 0.7 cup milk 1% low-fat
- ☐ 1 Dash salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

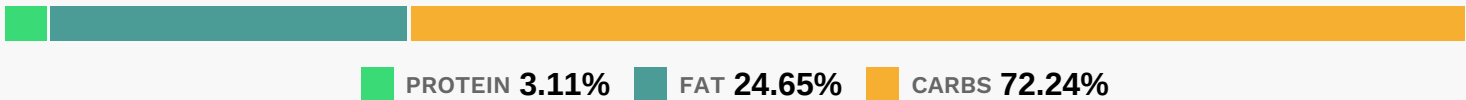
# Equipment

- ☐ sauce pan
- ☐ whisk

# Directions

- ☐ Combine the first 6 ingredients in a medium heavy-duty saucepan over medium heat; bring to a simmer, stirring constantly with a whisk. Cook 2 minutes or until smooth, stirring constantly.
- ☐ Remove from heat.
- ☐ Add chopped chocolate and vanilla, stirring until chocolate melts.
- ☐ Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:8.69, Glycemic Load:9.13, Inflammation Score:-1, Nutrition Score:1.4543478362586%

# Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

# Nutrients (% of daily need)

Calories: 97.54kcal (4.88%), Fat: 2.77g (4.26%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 17.6g (6.4%), Sugar: 17.07g (18.97%), Cholesterol: 2.15mg (0.72%), Sodium: 12.79mg (0.56%), Alcohol: 0.09g (100%), Alcohol %: 0.34% (100%), Caffeine: 6.01mg (2%), Protein: 0.79g (1.57%), Manganese: 0.1mg (4.79%), Copper: 0.09mg (4.56%), Magnesium: 13.72mg (3.43%), Phosphorus: 28.7mg (2.87%), Fiber: 0.66g (2.63%), Iron: 0.43mg (2.39%), Calcium: 17.15mg (1.71%), Zinc: 0.24mg (1.6%), Potassium: 56.07mg (1.6%), Vitamin B2: 0.02mg (1.22%), Selenium: 0.84µg (1.2%), Vitamin B12: 0.07µg (1.18%)