



Cocoa Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



553 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons plus light
- ☐ 1.5 cups dutch-processed cocoa
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 cups sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 1.5 cups water

Equipment

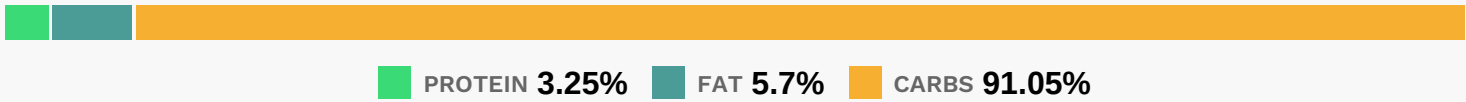
- ☐ whisk

☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small pot, bring water and sugar to a boil and whisk in cocoa, vanilla, salt, and corn syrup.
- ☐ Whisk until all of the solids have dissolved. Reduce sauce until slightly thickened. Strain and cool to room temperature.
- ☐ Pour into squeeze bottles. Squeeze into cold milk and stir for delicious chocolate milk or serve on your favorite ice cream. And, hey, it's fat free!

Nutrition Facts



Properties

Glycemic Index:17.82, Glycemic Load:85.06, Inflammation Score:-6, Nutrition Score:11.233478234514%

Flavonoids

Catechin: 16.72mg, Catechin: 16.72mg, Catechin: 16.72mg, Catechin: 16.72mg Epicatechin: 50.68mg, Epicatechin: 50.68mg, Epicatechin: 50.68mg, Epicatechin: 50.68mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 553.22kcal (27.66%), Fat: 3.94g (6.06%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 141.55g (47.18%), Net Carbohydrates: 132g (48%), Sugar: 127.3g (141.44%), Cholesterol: 0mg (0%), Sodium: 132.13mg (5.74%), Alcohol: 0.89g (100%), Alcohol %: 0.5% (100%), Caffeine: 59.34mg (19.78%), Protein: 5.06g (10.12%), Manganese: 1mg (50.05%), Copper: 1mg (49.98%), Fiber: 9.55g (38.18%), Magnesium: 129.85mg (32.46%), Iron: 3.65mg (20.28%), Phosphorus: 189.53mg (18.95%), Zinc: 1.82mg (12.12%), Potassium: 398.52mg (11.39%), Selenium: 4.47µg (6.39%), Vitamin B2: 0.09mg (5.14%), Calcium: 37.86mg (3.79%), Vitamin B3: 0.57mg (2.87%), Folate: 8.26µg (2.06%), Vitamin B1: 0.03mg (1.71%), Vitamin B6: 0.03mg (1.56%)