



## Dark Chocolate Mulled Wine Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



83 kcal

SAUCE

### Ingredients

- 1 cup wine dry red
- 0.5 cup plus
- 0.5 cup dutch-processed cocoa powder
- 1 ounce bittersweet chocolate chopped
- 1 suya seasoning mix
- 0.5 cup sugar

### Equipment

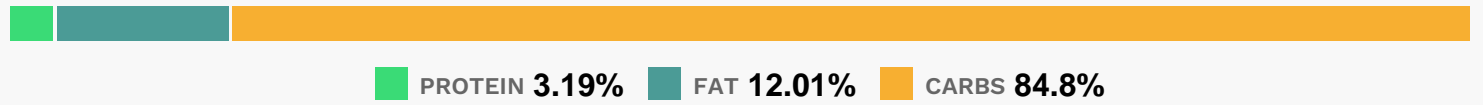
- sauce pan

whisk

## Directions

- Combine first 3 ingredients in a small saucepan; bring to a simmer. Cook 5 minutes. Discard sachet.
- Add cocoa and corn syrup, stirring with a whisk until smooth. Simmer 2 minutes; remove from heat.
- Add chocolate, stirring until chocolate melts. Cool to room temperature.

## Nutrition Facts



## Properties

Glycemic Index:5.88, Glycemic Load:5.92, Inflammation Score:-1, Nutrition Score:1.5108695508021%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 83.22kcal (4.16%), Fat: 1.09g (1.68%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 16.16g (5.88%), Sugar: 15.12g (16.8%), Cholesterol: 0.11mg (0.04%), Sodium: 7.43mg (0.32%), Alcohol: 1.58g (100%), Alcohol %: 5.48% (100%), Caffeine: 7.7mg (2.57%), Protein: 0.65g (1.3%), Manganese: 0.13mg (6.5%), Copper: 0.12mg (6.24%), Fiber: 1.16g (4.65%), Magnesium: 16.8mg (4.2%), Iron: 0.51mg (2.84%), Phosphorus: 24.43mg (2.44%), Zinc: 0.28mg (1.86%), Potassium: 51.92mg (1.48%)