



Dark Chocolate Sauce

 Vegetarian  Gluten Free

READY IN



4 min.

SERVINGS



12

CALORIES



74 kcal

SAUCE

Ingredients

- 2 ounces chocolate dark chopped
- 1 cup milk fat-free
- 0.3 teaspoon ground cinnamon
- 0.5 cup sugar
- 0.3 cup cocoa dark unsweetened
- 1 teaspoon vanilla extract

Equipment

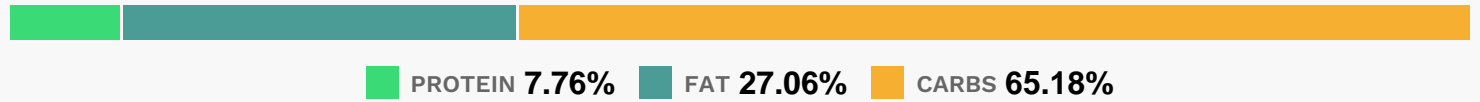
- sauce pan

whisk

Directions

- Combine first 3 ingredients in a small saucepan; stir with a whisk until blended.
- Add milk, stirring with a whisk until blended. Bring to a boil; reduce heat, and simmer, stirring constantly, 1 to 2 minutes or until sugar dissolves.
- Remove from heat.
- Add chocolate and vanilla, stirring until sauce is smooth.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.95, Glycemic Load:6.53, Inflammation Score:-2, Nutrition Score:2.7260870032984%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 73.79kcal (3.69%), Fat: 2.39g (3.67%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 11.51g (4.18%), Sugar: 10.57g (11.74%), Cholesterol: 0.75mg (0.25%), Sodium: 9.94mg (0.43%), Alcohol: 0.11g (100%), Alcohol %: 0.4% (100%), Caffeine: 9.27mg (3.09%), Protein: 1.54g (3.08%), Manganese: 0.19mg (9.63%), Copper: 0.18mg (8.77%), Magnesium: 25.21mg (6.3%), Fiber: 1.42g (5.68%), Phosphorus: 53.98mg (5.4%), Iron: 0.9mg (5.01%), Calcium: 33.99mg (3.4%), Potassium: 105.03mg (3%), Zinc: 0.41mg (2.75%), Vitamin B2: 0.04mg (2.24%), Vitamin B12: 0.13µg (2.19%), Selenium: 1.12µg (1.6%), Vitamin D: 0.22µg (1.5%)