



Dark Chocolate Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



226 kcal

SAUCE

Ingredients

- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 1 teaspoon vanilla
- ☐ 1 cup whipping cream

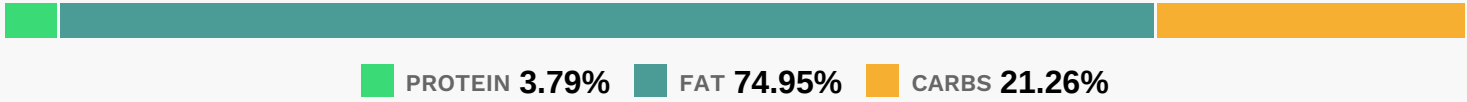
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan over low heat, stir whipping cream and chocolate until smooth, about 15 minutes.
- ☐ Stir in vanilla.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.4343478381634%

Nutrients (% of daily need)

Calories: 225.7kcal (11.28%), Fat: 18.89g (29.05%), Saturated Fat: 11.53g (72.04%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 10.35g (3.76%), Sugar: 8.74g (9.71%), Cholesterol: 34.89mg (11.63%), Sodium: 10.2mg (0.44%), Alcohol: 0.17g (100%), Alcohol %: 0.42% (100%), Caffeine: 18.29mg (6.1%), Protein: 2.15g (4.29%), Manganese: 0.28mg (14.16%), Copper: 0.27mg (13.45%), Magnesium: 39.56mg (9.89%), Vitamin A: 447.96IU (8.96%), Iron: 1.37mg (7.63%), Phosphorus: 72.57mg (7.26%), Fiber: 1.7g (6.8%), Potassium: 149.56mg (4.27%), Zinc: 0.64mg (4.24%), Vitamin B2: 0.07mg (3.93%), Selenium: 2.68µg (3.83%), Calcium: 32.87mg (3.29%), Vitamin D: 0.48µg (3.17%), Vitamin E: 0.4mg (2.66%), Vitamin K: 2.48µg (2.36%), Vitamin B12: 0.09µg (1.43%), Vitamin B5: 0.14mg (1.4%)