



Decadent Fudge Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



48

CALORIES



61 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 12 oz evaporated milk canned
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla

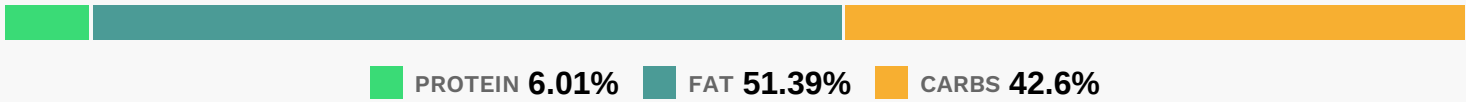
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat milk, chocolate chips and sugar to boiling over medium heat, stirring constantly; remove from heat.
- ☐ Stir in butter and vanilla until sauce is smooth and creamy. Cool about 30 minutes or until sauce begins to thicken. Store covered in refrigerator up to 4 weeks.

Nutrition Facts



Properties

Glycemic Index:1.46, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:1.4473912834149%

Nutrients (% of daily need)

Calories: 60.96kcal (3.05%), Fat: 3.49g (5.37%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 5.95g (2.16%), Sugar: 5.4g (6%), Cholesterol: 2.48mg (0.83%), Sodium: 11mg (0.48%), Alcohol: 0.03g (100%), Alcohol %: 0.22% (100%), Caffeine: 6.1mg (2.03%), Protein: 0.92g (1.84%), Manganese: 0.09mg (4.73%), Copper: 0.09mg (4.49%), Magnesium: 14.19mg (3.55%), Phosphorus: 32.89mg (3.29%), Iron: 0.46mg (2.57%), Calcium: 23.01mg (2.3%), Fiber: 0.57g (2.27%), Potassium: 61.95mg (1.77%), Zinc: 0.24mg (1.62%), Vitamin B2: 0.03mg (1.56%), Selenium: 0.77µg (1.1%)