



WHATSheATE



Earl Grey Dark Chocolate Sauce



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



341 kcal

SAUCE

Ingredients

- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 2 tablespoons plus light
- ☐ 3 tea
- ☐ 0.8 cup whipping cream

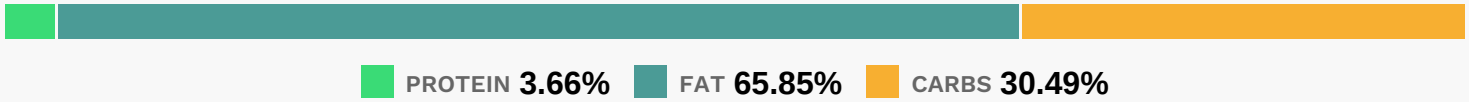
Equipment

- ☐ sauce pan

Directions

- ☐ Cook whipping cream in a small heavy saucepan over medium-low heat just until hot (not boiling), stirring often.
- ☐ Remove from heat.
- ☐ Add tea bags, cover, and steep 5 minutes.
- ☐ Remove and discard tea bags.
- ☐ Add chocolate and corn syrup, stirring until chocolate melts.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:6.9504348208075%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.41mg, Thearubigins: 0.41mg, Thearubigins: 0.41mg, Thearubigins: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 340.77kcal (17.04%), Fat: 25.24g (38.82%), Saturated Fat: 15.17g (94.81%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 23.27g (8.46%), Sugar: 20.38g (22.64%), Cholesterol: 35.89mg (11.96%), Sodium: 16.37mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.61mg (10.87%), Protein: 3.16g (6.32%), Manganese: 0.5mg (25.11%), Copper: 0.48mg (23.75%), Magnesium: 68.7mg (17.17%), Iron: 2.42mg (13.44%), Fiber: 3.02g (12.1%), Phosphorus: 115.54mg (11.55%), Vitamin A: 456.22IU (9.12%), Zinc: 1.11mg (7.37%), Potassium: 242.84mg (6.94%), Selenium: 4.12µg (5.88%), Calcium: 44.02mg (4.4%), Vitamin B2: 0.07mg (4.38%), Vitamin K: 3.67µg (3.5%), Vitamin E: 0.5mg (3.31%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.12µg (1.93%), Vitamin B5: 0.19mg (1.89%), Vitamin B3:

0.34mg (1.68%), Vitamin B1: 0.02mg (1.49%), Vitamin B6: 0.02mg (1.16%)