

Easy Homemade Chocolate Sauce

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



184 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1.3 cups milk
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract to taste
- ☐ 0.8 cup sugar white

Equipment

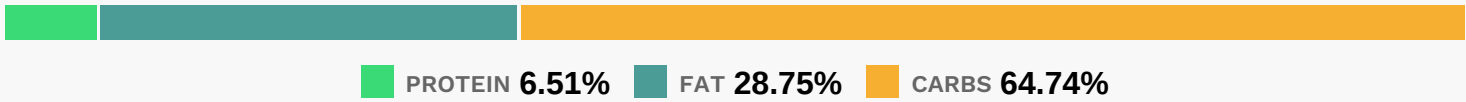
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place sugar, flour, and cocoa powder into a bowl.
- ☐ Whisk together to remove lumps.
- ☐ Heat milk, butter, and vanilla extract in a saucepan over medium heat until butter melts.
- ☐ Whisk dry ingredients into the milk mixture a little at a time. Increase heat to medium-high until mixture comes to a simmer. Cook, stirring constantly, for 6 minutes. After 6 minutes, turn off heat.
- ☐ Whisk in a pinch of salt.
- ☐ Pour hot over ice cream or store in airtight containers in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:38.85, Glycemic Load:19.39, Inflammation Score:-4, Nutrition Score:5.1682609345602%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 184.34kcal (9.22%), Fat: 6.49g (9.99%), Saturated Fat: 3.93g (24.53%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 30.2g (10.98%), Sugar: 27.57g (30.63%), Cholesterol: 16.13mg (5.38%), Sodium: 51.15mg (2.22%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 16.48mg (5.49%), Protein: 3.31g (6.61%), Manganese: 0.29mg (14.58%), Copper: 0.28mg (13.84%), Fiber: 2.7g (10.81%), Phosphorus: 107.11mg (10.71%), Magnesium: 42.41mg (10.6%), Calcium: 73.39mg (7.34%), Iron: 1.1mg (6.09%), Vitamin B2: 0.1mg (6.08%), Potassium: 189.3mg (5.41%), Zinc: 0.72mg (4.78%), Vitamin B12: 0.28µg (4.71%), Selenium: 2.82µg (4.03%), Vitamin A: 198.97IU (3.98%), Vitamin D: 0.56µg (3.73%), Vitamin B1: 0.05mg (3.27%), Vitamin B5: 0.22mg (2.21%), Vitamin B6: 0.04mg (2.03%), Vitamin B3: 0.32mg (1.62%), Folate: 5.86µg (1.47%)