



Enriched Chocolate Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



641 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons rum dark
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup heavy cream
- ☐ 0.1 teaspoon orange zest grated
- ☐ 4 ounces bittersweet chocolate
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon butter unsalted

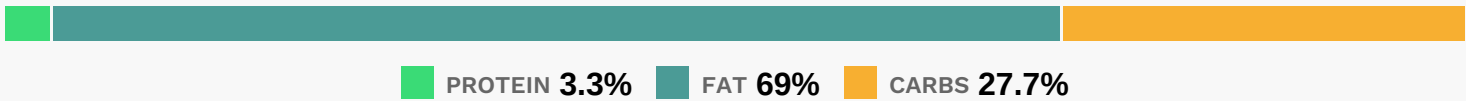
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan over low heat, bring the cream, sugar, cinnamon and butter to a rolling boil.
- ☐ Remove from the heat, add the chocolate and stir until the chocolate melts.
- ☐ Add the rum and stir in the orange zest before serving.

Nutrition Facts



Properties

Glycemic Index:45.05, Glycemic Load:8.39, Inflammation Score:-7, Nutrition Score:11.9286955906%

Nutrients (% of daily need)

Calories: 641.12kcal (32.06%), Fat: 48.93g (75.28%), Saturated Fat: 29.78g (186.1%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 39.12g (14.23%), Sugar: 34.55g (38.39%), Cholesterol: 85.69mg (28.56%), Sodium: 22.78mg (0.99%), Alcohol: 1.67g (100%), Alcohol %: 1.5% (100%), Caffeine: 48.76mg (16.25%), Protein: 5.26g (10.52%), Manganese: 0.93mg (46.41%), Copper: 0.72mg (36.03%), Magnesium: 104.72mg (26.18%), Vitamin A: 1081.4IU (21.63%), Iron: 3.74mg (20.76%), Fiber: 5.08g (20.32%), Phosphorus: 184.47mg (18.45%), Zinc: 1.67mg (11.16%), Potassium: 384.6mg (10.99%), Selenium: 6.72µg (9.6%), Calcium: 86.44mg (8.64%), Vitamin B2: 0.14mg (8.53%), Vitamin E: 1.07mg (7.12%), Vitamin D: 1.06µg (7.05%), Vitamin K: 6.79µg (6.47%), Vitamin B12: 0.21µg (3.49%), Vitamin B5: 0.33mg (3.34%), Vitamin B3: 0.53mg (2.66%), Vitamin B6: 0.04mg (2.11%), Vitamin B1: 0.03mg (2.07%)