



Espresso Fudge Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

DESSERT

Ingredients

- 2 ounce semisweet chocolate baking squares coarsely chopped
- 2 tablespoons butter
- 0.5 cup plus light
- 3 tablespoons espresso powder
- 0.5 cup sugar
- 2 tablespoons cocoa unsweetened
- 3 tablespoons water hot
- 1 cup whipping cream

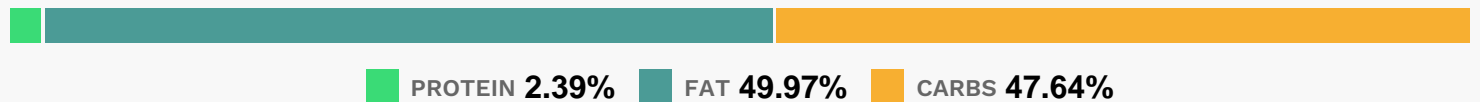
Equipment

- sauce pan
- whisk

Directions

- Dissolve espresso powder in hot water. Melt butter and chocolate in a small saucepan over low heat, stirring until melted.
- Whisk in espresso and remaining ingredients; bring to a boil over medium heat. Cook 5 minutes, stirring constantly.
- Serve warm over cheesecake. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.39, Glycemic Load:11.84, Inflammation Score:-4, Nutrition Score:3.4826086707737%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 285.19kcal (14.26%), Fat: 16.56g (25.47%), Saturated Fat: 10.31g (64.42%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 34.49g (12.54%), Sugar: 32.34g (35.93%), Cholesterol: 41.57mg (13.86%), Sodium: 45.82mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 67.85mg (22.62%), Protein: 1.78g (3.56%), Vitamin A: 528.33IU (10.57%), Manganese: 0.17mg (8.74%), Copper: 0.14mg (7.17%), Magnesium: 27.26mg (6.82%), Phosphorus: 51.38mg (5.14%), Potassium: 155.13mg (4.43%), Iron: 0.74mg (4.12%), Fiber: 1.03g (4.12%), Vitamin B2: 0.07mg (3.96%), Calcium: 32.18mg (3.22%), Vitamin B3: 0.64mg (3.18%), Vitamin D: 0.48µg (3.17%), Selenium: 2.16µg (3.09%), Zinc: 0.45mg (3%), Vitamin E: 0.4mg (2.65%), Vitamin K: 1.77µg (1.69%), Vitamin B1: 0.02mg (1.47%), Vitamin B12: 0.07µg (1.11%), Vitamin B5: 0.11mg (1.06%)