



Espresso-Hot Fudge Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



368 kcal

SAUCE

Ingredients

- 8 oz baker's chocolate unsweetened
- 0.5 cup butter
- 2 tablespoons espresso powder instant
- 1 cup milk
- 0.1 teaspoon salt
- 2 cups sugar
- 1 teaspoon vanilla extract

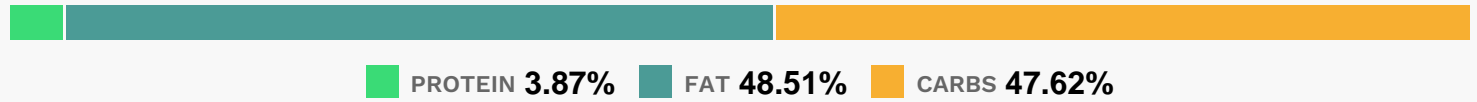
Equipment

- bowl
- sauce pan
- microwave

Directions

- Melt chocolate and butter in a large, heavy saucepan over low heat, stirring constantly.
- Add sugar and espresso, and cook, stirring constantly, 30 seconds or until blended.
- Add milk, and cook, stirring constantly, 3 minutes or until thoroughly heated and sugar is dissolved. (Do not boil.)
- Remove from heat. Stir in vanilla extract and salt. Cover and chill sauce up to 2 weeks.
- Note: To reheat, microwave sauce in a microwave-safe bowl, stirring occasionally, at HIGH for 15- to 30-second intervals or until warm.

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:28.36, Inflammation Score:-5, Nutrition Score:9.4834783647371%

Flavonoids

Catechin: 14.59mg, Catechin: 14.59mg, Catechin: 14.59mg, Catechin: 14.59mg Epicatechin: 32.17mg, Epicatechin: 32.17mg, Epicatechin: 32.17mg, Epicatechin: 32.17mg

Nutrients (% of daily need)

Calories: 368.33kcal (18.42%), Fat: 21.98g (33.82%), Saturated Fat: 13.63g (85.17%), Carbohydrates: 48.56g (16.19%), Net Carbohydrates: 44.79g (16.29%), Sugar: 41.36g (45.95%), Cholesterol: 27.33mg (9.11%), Sodium: 117.57mg (5.11%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Caffeine: 49.54mg (16.51%), Protein: 3.94g (7.89%), Manganese: 0.97mg (48.29%), Copper: 0.74mg (36.9%), Iron: 4.01mg (22.3%), Magnesium: 80.64mg (20.16%), Zinc: 2.3mg (15.35%), Fiber: 3.76g (15.06%), Phosphorus: 121.14mg (12.11%), Potassium: 264.36mg (7.55%), Vitamin A: 323.16IU (6.46%), Calcium: 57.51mg (5.75%), Vitamin B2: 0.07mg (4.05%), Selenium: 2.78µg (3.97%), Vitamin B1: 0.05mg (3.18%), Vitamin B3: 0.62mg (3.11%), Vitamin K: 3.09µg (2.94%), Vitamin B12: 0.15µg (2.52%), Vitamin E: 0.37mg (2.44%), Vitamin D: 0.27µg (1.79%), Folate: 6.69µg (1.67%), Vitamin B5: 0.14mg (1.43%), Vitamin B6: 0.02mg (1.09%)