



French Chocolate Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 8 ounce bittersweet chocolate chopped
- ☐ 0.3 cup whipping cream

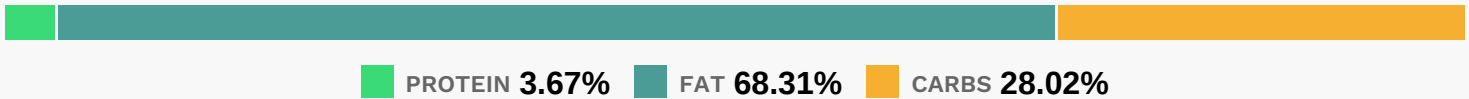
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Microwave chocolate and whipping cream in a 2-quart microwave-safe bowl at MEDIUM (50% power) for 3 1/2 minutes.
- ☐ Whisk until smooth.
- ☐ Whisk in butter.
- ☐ Let stand at room temperature, stirring occasionally, 30 minutes or until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.3182608459307%

Nutrients (% of daily need)

Calories: 286.13kcal (14.31%), Fat: 21.82g (33.57%), Saturated Fat: 11.39g (71.17%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 17.11g (6.22%), Sugar: 14.17g (15.74%), Cholesterol: 13.47mg (4.49%), Sodium: 50.46mg (2.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 32.51mg (10.84%), Protein: 2.64g (5.27%), Manganese: 0.5mg (25.05%), Copper: 0.47mg (23.64%), Magnesium: 67.36mg (16.84%), Iron: 2.4mg (13.33%), Fiber: 3.02g (12.1%), Phosphorus: 105.1mg (10.51%), Zinc: 1.03mg (6.84%), Vitamin A: 331.6IU (6.63%), Potassium: 225.7mg (6.45%), Selenium: 3.47µg (4.96%), Calcium: 31.38mg (3.14%), Vitamin E: 0.46mg (3.06%), Vitamin K: 3.04µg (2.89%), Vitamin B2: 0.04mg (2.29%), Vitamin B3: 0.32mg (1.62%), Vitamin B12: 0.09µg (1.48%), Vitamin B5: 0.14mg (1.43%), Vitamin D: 0.16µg (1.06%)