



 **6%**
HEALTH SCORE

Fudge Glaze

 **Gluten Free**

READY IN



45 min.

SERVINGS



1

CALORIES



1099 kcal

DESSERT

Ingredients

- 0.3 cup plus
- 0.1 teaspoon salt
- 4 ounces bittersweet chocolate
- 2 tablespoons butter unsalted

Equipment

Directions

Cook 4 oz. semisweet chocolate, 1/4 cup corn syrup, 2 Tbsp. unsalted butter, 2 Tbsp. water and 1/8 tsp. salt over medium-low heat, stirring until melted, about 5 minutes. Makes 3/4 cup.

Nutrition Facts

PROTEIN 2.55% **FAT 53.04%** **CARBS 44.41%**

Properties

Glycemic Index:19, Glycemic Load:12.44, Inflammation Score:-7, Nutrition Score:18.64043484369%

Nutrients (% of daily need)

Calories: 1098.59kcal (54.93%), Fat: 66.32g (102.04%), Saturated Fat: 39.37g (246.04%), Carbohydrates: 124.93g (41.64%), Net Carbohydrates: 115.86g (42.13%), Sugar: 107.12g (119.02%), Cholesterol: 67mg (22.33%), Sodium: 357.96mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 97.52mg (32.51%), Protein: 7.18g (14.36%), Manganese: 1.5mg (75.22%), Copper: 1.42mg (71%), Magnesium: 201mg (50.25%), Iron: 7.17mg (39.86%), Fiber: 9.07g (36.29%), Phosphorus: 301.56mg (30.16%), Zinc: 3.41mg (22.71%), Potassium: 650.6mg (18.59%), Vitamin A: 756.42IU (15.13%), Selenium: 10.4µg (14.86%), Vitamin K: 10.12µg (9.64%), Calcium: 88.29mg (8.83%), Vitamin E: 1.32mg (8.79%), Vitamin B1: 0.09mg (5.87%), Vitamin B3: 0.96mg (4.81%), Vitamin B12: 0.25µg (4.2%), Vitamin B2: 0.07mg (3.83%), Vitamin B5: 0.37mg (3.71%), Vitamin D: 0.42µg (2.8%), Vitamin B6: 0.04mg (1.97%)