

Fudge Sauce



Vegetarian



Gluten Free

READY IN

ready

15 min.

SERVINGS

servings

8

CALORIES

calories

160 kcal

DESSERT

Ingredients



2 tablespoons butter



0.8 cup evaporated milk



1 teaspoon ground cinnamon



0.5 teaspoon salt



3 tablespoons cocoa powder unsweetened



1 teaspoon vanilla extract



1 cup sugar white

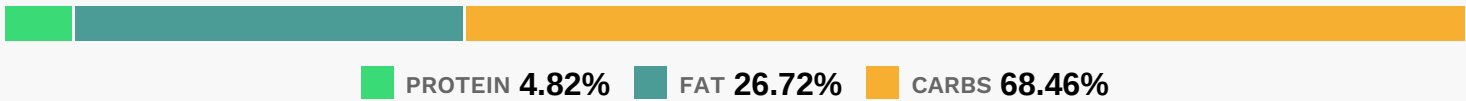
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan, combine sugar, cocoa, salt and cinnamon. Stir to mix and to eliminate lumps.
- ☐ Pour in evaporated milk and bring to a boil over medium-high heat; boil for 2 minutes, remove from heat and stir in vanilla and butter.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:17.46, Inflammation Score:-1, Nutrition Score:2.327391334202%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 159.57kcal (7.98%), Fat: 4.96g (7.64%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 27.8g (10.11%), Sugar: 27.43g (30.47%), Cholesterol: 14.38mg (4.79%), Sodium: 193.6mg (8.42%), Alcohol: 0.17g (100%), Alcohol %: 0.4% (100%), Caffeine: 4.31mg (1.44%), Protein: 2.02g (4.03%), Calcium: 67.8mg (6.78%), Phosphorus: 62.75mg (6.28%), Manganese: 0.12mg (5.98%), Vitamin B2: 0.09mg (5.04%), Copper: 0.08mg (3.9%), Magnesium: 15.31mg (3.83%), Fiber: 0.83g (3.31%), Potassium: 103.27mg (2.95%), Vitamin A: 144.67IU (2.89%), Zinc: 0.32mg (2.14%), Iron: 0.34mg (1.9%), Vitamin B5: 0.16mg (1.6%), Selenium: 1µg (1.44%)