

Fudge Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

DESSERT

Ingredients

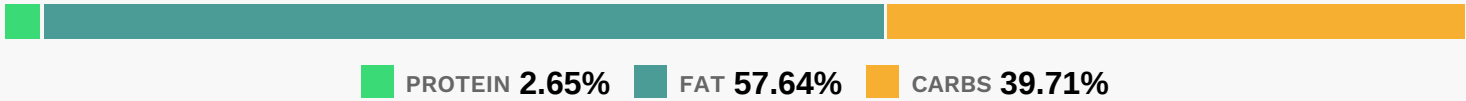
- ☐ 0.3 cup butter softened
- ☐ 1 Dash salt
- ☐ 0.5 cup sugar
- ☐ 2 ounce baker's chocolate unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons water

Equipment

Directions

- ☐ Combine chocolate and water in top of a double-boiler; cook over boiling water until chocolate melts.
- ☐ Add sugar and salt; cook an additional 5 minutes. Stir in butter and vanilla.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-5, Nutrition Score:5.6856521270035%

Flavonoids

Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg

Nutrients (% of daily need)

Calories: 270.71kcal (13.54%), Fat: 18.92g (29.1%), Saturated Fat: 6.95g (43.47%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 26.97g (9.81%), Sugar: 25.14g (27.94%), Cholesterol: 0mg (0%), Sodium: 147.74mg (6.42%), Alcohol: 0.17g (100%), Alcohol %: 0.33% (100%), Caffeine: 11.34mg (3.78%), Protein: 1.96g (3.91%), Manganese: 0.59mg (29.64%), Copper: 0.46mg (23.11%), Iron: 2.48mg (13.78%), Magnesium: 46.95mg (11.74%), Vitamin A: 507.49IU (10.15%), Fiber: 2.35g (9.41%), Zinc: 1.37mg (9.13%), Phosphorus: 59.99mg (6%), Potassium: 124.85mg (3.57%), Vitamin E: 0.5mg (3.31%), Calcium: 19.22mg (1.92%), Selenium: 1.3µg (1.85%), Vitamin B1: 0.02mg (1.49%), Vitamin B2: 0.02mg (1.45%), Vitamin K: 1.38µg (1.31%), Folate: 4.11µg (1.03%)