



## Ghirardelli® Hot Fudge Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



298 kcal

SAUCE

### Ingredients

- 4 ounces ghirardelli cacao bittersweet chocolate baking bar 60%
- 0.3 cup butter cut into pieces ()
- 0.3 cup plus light
- 1.5 cups granulated sugar white
- 1 teaspoon vanilla extract pure
- 0.5 cup water

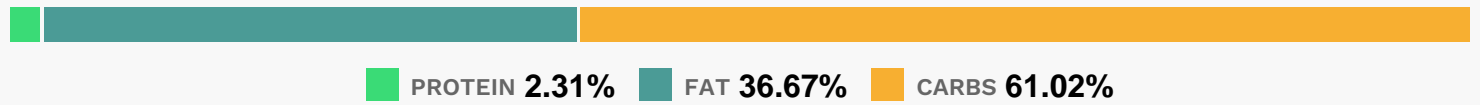
### Equipment

- sauce pan

## Directions

- In a heavy saucepan, combine the chocolate, butter, sugar, water, and corn syrup over medium heat. Stir the mixture continually until the chocolate and butter have melted and the sugar has dissolved.
- When the sauce comes to a boil, lower the heat and continue boiling gently for 10 minutes.
- Remove the thickened sauce from the heat and stir in the vanilla. Use immediately or store covered in the refrigerator

## Nutrition Facts



## Properties

Glycemic Index:17.39, Glycemic Load:27.74, Inflammation Score:-4, Nutrition Score:5.3656521608%

## 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: 297.85kcal (14.89%), Fat: 13.31g (20.48%), Saturated Fat: 8.23g (51.45%), Carbohydrates: 49.83g (16.61%), Net Carbohydrates: 47.48g (17.26%), Sugar: 45.81g (50.89%), Cholesterol: 15.25mg (5.08%), Sodium: 56.78mg (2.47%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Caffeine: 11.34mg (3.78%), Protein: 1.89g (3.78%), Manganese: 0.59mg (29.67%), Copper: 0.46mg (23.18%), Iron: 2.49mg (13.82%), Magnesium: 46.81mg (11.7%), Zinc: 1.42mg (9.49%), Fiber: 2.35g (9.41%), Phosphorus: 58.43mg (5.84%), Vitamin A: 177.27IU (3.55%), Potassium: 120.95mg (3.46%), Selenium: 1.52µg (2.17%), Vitamin B1: 0.03mg (1.84%), Calcium: 18.28mg (1.83%), Vitamin K: 1.87µg (1.78%), Vitamin E: 0.22mg (1.48%), Vitamin B2: 0.02mg (1.42%), Folate: 4.18µg (1.05%)