



Guinness Chocolate Syrup



Vegetarian



Dairy Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

Ingredients

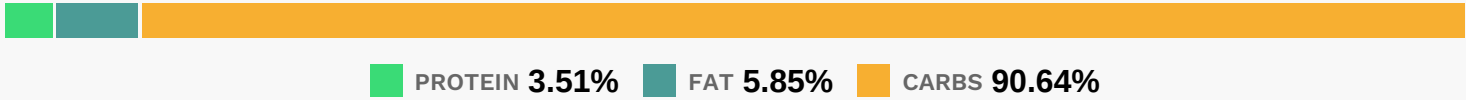
- ☐ 1 cup cocoa powder
- ☐ 1 cup guinness
- ☐ 0.1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

Directions

- ☐ Bring everything to a boil, reduce the heat and simmer to thicken, about 5 minutes.
- ☐ Let cool and enjoy!

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:34.91, Inflammation Score:-4, Nutrition Score:4.6382608689044%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 228.57kcal (11.43%), Fat: 1.63g (2.51%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 56.89g (18.96%), Net Carbohydrates: 52.91g (19.24%), Sugar: 50.15g (55.72%), Cholesterol: 0mg (0%), Sodium: 39.14mg (1.7%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Caffeine: 24.73mg (8.24%), Protein: 2.2g (4.4%), Manganese: 0.42mg (20.79%), Copper: 0.41mg (20.57%), Fiber: 3.98g (15.91%), Magnesium: 53.7mg (13.43%), Iron: 1.52mg (8.45%), Phosphorus: 78.93mg (7.89%), Zinc: 0.74mg (4.92%), Potassium: 165.15mg (4.72%), Selenium: 1.84µg (2.62%), Vitamin B2: 0.04mg (2.11%), Calcium: 14.34mg (1.43%), Vitamin B3: 0.24mg (1.18%)