



Heavenly Hot Fudge Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1038 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 ounce chocolate squares unsweetened
- ☐ 12 ounce evaporated milk canned
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sugar

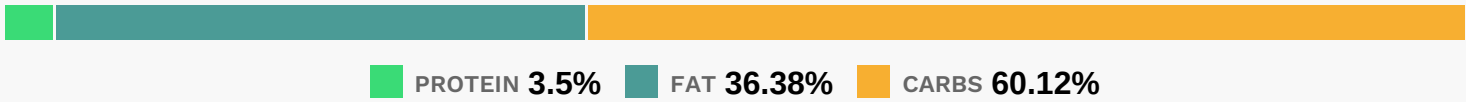
Equipment

- ☐ sauce pan

Directions

- ☐ Melt chocolate and butter in a large, heavy saucepan over low heat, stirring constantly.
- ☐ Add sugar, 1 cup at a time, alternately with evaporated milk, beginning and ending with sugar; stir constantly over medium heat 5 minutes or until smooth. Stir in salt.
- ☐ Serve warm or spoon sauce into hot sterilized jars, and seal. Store in refrigerator up to 1 month.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:104.72, Inflammation Score:-7, Nutrition Score:15.587391347989%

Flavonoids

Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg

Nutrients (% of daily need)

Calories: 1037.8kcal (51.89%), Fat: 44.75g (68.85%), Saturated Fat: 27.66g (172.88%), Carbohydrates: 166.42g (55.47%), Net Carbohydrates: 161.71g (58.8%), Sugar: 158.51g (176.13%), Cholesterol: 85.67mg (28.56%), Sodium: 571.59mg (24.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 22.68mg (7.56%), Protein: 9.69g (19.38%), Manganese: 1.19mg (59.66%), Copper: 0.94mg (47.04%), Phosphorus: 292.86mg (29.29%), Iron: 5.18mg (28.76%), Magnesium: 113.69mg (28.42%), Calcium: 259.1mg (25.91%), Zinc: 3.43mg (22.84%), Vitamin B2: 0.34mg (19.72%), Fiber: 4.71g (18.82%), Vitamin A: 912.36IU (18.25%), Potassium: 502.87mg (14.37%), Selenium: 5.44µg (7.77%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.91mg (6.05%), Vitamin B1: 0.08mg (5.54%), Vitamin K: 5.25µg (5%), Folate: 15.59µg (3.9%), Vitamin B12: 0.18µg (3.07%), Vitamin B3: 0.56mg (2.81%), Vitamin B6: 0.05mg (2.55%), Vitamin C: 1.62mg (1.96%)