



Homemade 'Hershey's Syrup



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



1254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 ounce bittersweet chocolate chopped (see headnote)
- ☐ 9 ounces brown sugar
- ☐ 1.5 ounces cocoa powder
- ☐ 0.8 tsp coffee instant
- ☐ 0.3 tsp salt
- ☐ 0.8 ounce vanilla extract
- ☐ 4.5 ounces water

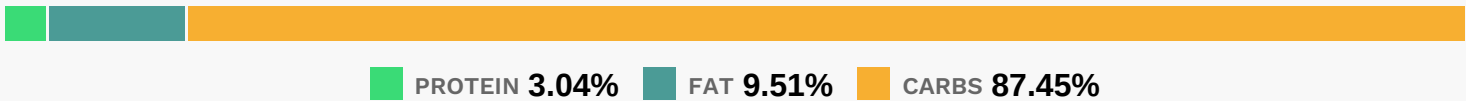
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ In a medium sauce pot, combine brown sugar, water, cocoa, milk chocolate, coffee powder, and salt.
- ☐ Whisk over medium heat until the dry ingredients have dissolved, the chocolate has melted, and the mixture appears uniform.
- ☐ Continue cooking and whisking just until the mixture is hot enough to begin to bubble around the edges. Shut off the heat and cool 5 minutes.
- ☐ Whisk in the vanilla extract. Store in an airtight container in the fridge, almost indefinitely.
- ☐ Whisk two tablespoons of chocolate syrup into 8 ounces milk; serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:24.827391332258%

Flavonoids

Catechin: 27.56mg, Catechin: 27.56mg, Catechin: 27.56mg, Catechin: 27.56mg Epicatechin: 83.53mg, Epicatechin: 83.53mg, Epicatechin: 83.53mg, Epicatechin: 83.53mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 1253.5kcal (62.67%), Fat: 13.99g (21.52%), Saturated Fat: 8.12g (50.75%), Carbohydrates: 289.32g (96.44%), Net Carbohydrates: 271.89g (98.87%), Sugar: 258.73g (287.48%), Cholesterol: 1.28mg (0.43%), Sodium: 672.44mg (29.24%), Alcohol: 7.31g (100%), Alcohol %: 1.97% (100%), Caffeine: 139.64mg (46.55%), Protein: 10.05g (20.09%), Manganese: 2.14mg (107%), Copper: 2.03mg (101.71%), Fiber: 17.43g (69.74%), Magnesium: 278.88mg (69.72%), Iron: 9.13mg (50.72%), Phosphorus: 381.16mg (38.12%), Potassium: 1164.41mg (33.27%), Calcium: 286.97mg (28.7%), Zinc: 3.58mg (23.84%), Selenium: 11.02µg (15.75%), Vitamin B3: 1.69mg (8.44%), Vitamin B6: 0.17mg (8.39%), Vitamin B2: 0.13mg (7.86%), Vitamin B5: 0.52mg (5.17%), Folate: 16.16µg (4.04%), Vitamin B1: 0.04mg (2.82%), Vitamin K: 2.61µg (2.48%), Vitamin E: 0.17mg (1.12%)