



## Hot Chocolate Sauce

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**5**

CALORIES



**414 kcal**

SAUCE

### Ingredients

- 7 ounce bars bittersweet chocolate chopped
- 1 tablespoon butter
- 2.5 tablespoons plus light
- 1.5 tablespoons orange liqueur
- 0.3 cup sugar
- 0.5 cup whipping cream

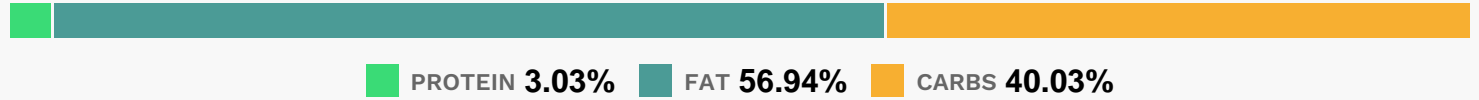
### Equipment

- sauce pan

## Directions

- Stir together all ingredients in a heavy saucepan over medium-low heat for about 5 minutes or until smooth.

## Nutrition Facts



## Properties

Glycemic Index:27.82, Glycemic Load:8.59, Inflammation Score:-5, Nutrition Score:7.1382608588623%

## Nutrients (% of daily need)

Calories: 414.29kcal (20.71%), Fat: 26.14g (40.21%), Saturated Fat: 15.66g (97.89%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 38.16g (13.88%), Sugar: 35.14g (39.05%), Cholesterol: 35.3mg (11.77%), Sodium: 35.68mg (1.55%), Alcohol: 1.17g (100%), Alcohol %: 1.62% (100%), Caffeine: 35.3mg (11.77%), Protein: 3.13g (6.27%), Manganese: 0.53mg (26.36%), Copper: 0.5mg (25.02%), Magnesium: 71.82mg (17.96%), Iron: 2.54mg (14.11%), Fiber: 3.18g (12.7%), Phosphorus: 117.94mg (11.79%), Vitamin A: 439.68IU (8.79%), Zinc: 1.16mg (7.75%), Potassium: 249.98mg (7.14%), Selenium: 4.23µg (6.04%), Calcium: 42.56mg (4.26%), Vitamin B2: 0.07mg (3.98%), Vitamin K: 3.82µg (3.63%), Vitamin E: 0.52mg (3.45%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.11µg (1.9%), Vitamin B5: 0.18mg (1.83%), Vitamin B3: 0.36mg (1.78%), Vitamin B1: 0.02mg (1.62%), Vitamin B6: 0.02mg (1.1%)