



## Hot Fudge

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



364 kcal

DESSERT

## Ingredients

- 8 ounces bittersweet chocolate finely chopped (at least 60 percent)
- 0.5 cup plus light
- 0.7 cup heavy cream
- 0.3 cup brown sugar light packed
- 0.3 teaspoon salt
- 3 tablespoons butter unsalted

## Equipment

- sauce pan

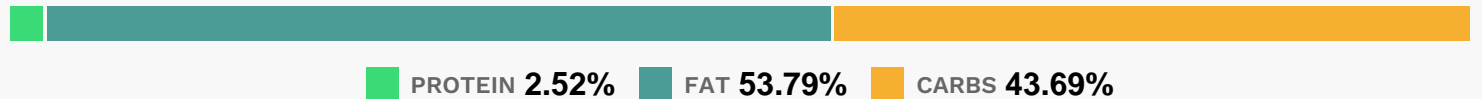
whisk

pot

## Directions

- In a 4-quart saucepan over moderate heat, bring the cream, corn syrup, sugar, salt and chocolate to a boil, stirring constantly. Simmer until mixture thickens, about 5 minutes.
- Remove from the heat and whisk in the butter.
- Serve while still warm.
- What Makes This Recipe Sing: The versatility of this sauce makes it the WOW hostess gift. Try with grilled fruit, over sponge cakes or even as a "no need for the fondue pot" chocolate dunk for fresh fruits, cookies and pound cakes. This sauce is a classic and of course perfect for your favorite ice cream... My choice is peppermint ice cream. Also, it makes for easily made s'mores and if all else fails, just use a good old-fashioned spoon!
- BYOC: Try adding a swirl, by heating peanut butter and swirling in the fudge.
- Add your favorite toasted nuts, a drop of peppermint or orange oil, or even your favorite cereal for a crunchy fudge sauce.

## Nutrition Facts



## Properties

Glycemic Index:2.38, Glycemic Load:3.11, Inflammation Score:-4, Nutrition Score:5.5204347482194%

## Nutrients (% of daily need)

Calories: 364.37kcal (18.22%), Fat: 22.32g (34.34%), Saturated Fat: 13.5g (84.4%), Carbohydrates: 40.79g (13.6%), Net Carbohydrates: 38.52g (14.01%), Sugar: 36.25g (40.28%), Cholesterol: 35.4mg (11.8%), Sodium: 97.22mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 2.35g (4.71%), Manganese: 0.38mg (19.1%), Copper: 0.36mg (18.06%), Magnesium: 52.43mg (13.11%), Iron: 1.88mg (10.43%), Fiber: 2.27g (9.07%), Vitamin A: 436.92IU (8.74%), Phosphorus: 86.84mg (8.68%), Zinc: 0.9mg (6%), Potassium: 193.26mg (5.52%), Selenium: 3.29µg (4.7%), Calcium: 42.35mg (4.24%), Vitamin E: 0.47mg (3.14%), Vitamin B2: 0.05mg (3.12%), Vitamin K: 3.04µg (2.9%), Vitamin D: 0.4µg (2.64%), Vitamin B1: 0.03mg (1.73%), Vitamin B5: 0.15mg (1.53%), Vitamin B12: 0.09µg (1.53%), Vitamin B3: 0.26mg (1.31%), Vitamin B6: 0.02mg (1.02%)