



Hot Fudge Ice-Cream Topping

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup evaporated milk
- ☐ 2 ounce semisweet chocolate squares
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

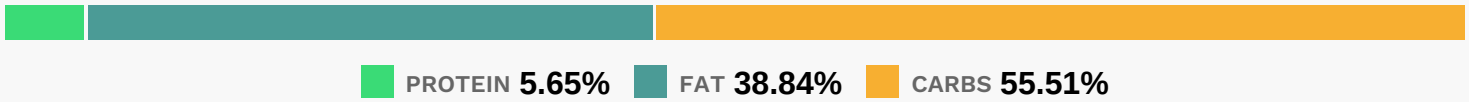
Equipment

- ☐ sauce pan

Directions

- ☐
- Melt chocolate in a heavy saucepan over low heat. Stir in sugar until smooth. Gradually add milk, stirring until smooth. Bring to a boil over medium heat, stirring constantly. Boil, stirring constantly, 6 minutes.
- ☐
- Remove from heat, and stir in butter and vanilla. Store in refrigerator up to 3 weeks.
- ☐
- Serve warm over ice cream.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:3.8221739413946%

Nutrients (% of daily need)

Calories: 243.14kcal (12.16%), Fat: 10.63g (16.36%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 33.44g (12.16%), Sugar: 32.72g (36.36%), Cholesterol: 12.75mg (4.25%), Sodium: 89.78mg (3.9%), Alcohol: 0.23g (100%), Alcohol %: 0.36% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.48g (6.96%), Calcium: 117.2mg (11.72%), Phosphorus: 110.94mg (11.09%), Vitamin B2: 0.14mg (8.5%), Magnesium: 26.93mg (6.73%), Manganese: 0.13mg (6.51%), Copper: 0.13mg (6.34%), Vitamin A: 272.03IU (5.44%), Potassium: 184.29mg (5.27%), Zinc: 0.58mg (3.85%), Iron: 0.69mg (3.84%), Fiber: 0.76g (3.02%), Vitamin B5: 0.3mg (3%), Selenium: 1.91µg (2.73%), Vitamin E: 0.27mg (1.78%), Vitamin B1: 0.02mg (1.55%), Vitamin B12: 0.09µg (1.48%), Vitamin B6: 0.02mg (1.24%)