



## Hot Fudge Piñon Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



152 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup plus light
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 1.5 cups pinenuts shelled (see Notes)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.5 cup sugar
- ☐ 2 ounces baker's chocolate unsweetened coarsely chopped

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 1 tablespoon vinegar white

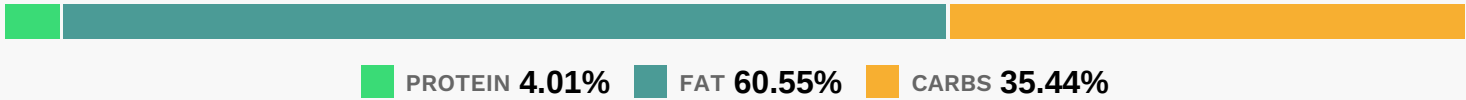
## Equipment

- ☐ food processor
- ☐ sauce pan

## Directions

- ☐ Pulse nuts in a food processor until coarsely ground (the texture of couscous).
- ☐ Sift sugar, cocoa, and salt into a medium saucepan.
- ☐ Add 3/4 cup warm water and stir to combine. Bring mixture to a simmer over medium heat, stirring until smooth.
- ☐ Add cream, corn syrup, vinegar, and chocolate chips. Raise heat to medium-high and boil mixture for 8 to 10 minutes, swirling occasionally, until slightly reduced (mixture will be thin and sticky); remove from heat. Stir in unsweetened chocolate, butter, vanilla, and pine nuts.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:5.91, Glycemic Load:3.74, Inflammation Score:-2, Nutrition Score:4.2421739891819%

## Flavonoids

Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 151.63kcal (7.58%), Fat: 10.89g (16.76%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 13.42g (4.88%), Sugar: 12.57g (13.97%), Cholesterol: 14.43mg (4.81%), Sodium: 39.65mg (1.72%), Alcohol: 0.14g (100%), Alcohol %: 0.49% (100%), Caffeine: 4.58mg (1.53%), Protein: 1.62g (3.24%), Manganese:

0.68mg (34.15%), Copper: 0.19mg (9.56%), Magnesium: 29.18mg (7.29%), Phosphorus: 59.14mg (5.91%), Zinc: 0.75mg (4.97%), Vitamin E: 0.74mg (4.91%), Iron: 0.88mg (4.9%), Vitamin K: 4.16µg (3.96%), Fiber: 0.93g (3.71%), Vitamin A: 183.75IU (3.68%), Potassium: 83.37mg (2.38%), Vitamin B1: 0.04mg (2.34%), Vitamin B2: 0.04mg (2.22%), Vitamin B3: 0.34mg (1.7%), Calcium: 12.89mg (1.29%), Selenium: 0.83µg (1.19%)