

Hot Fudge Sauce

 **Gluten Free**

READY IN



15 min.

SERVINGS



12

CALORIES



179 kcal

SAUCE

Ingredients

- 2 tablespoons butter
- 4 ounces bittersweet chocolate chopped
- 14 ounces condensed milk sweetened canned
- 1 teaspoon vanilla extract

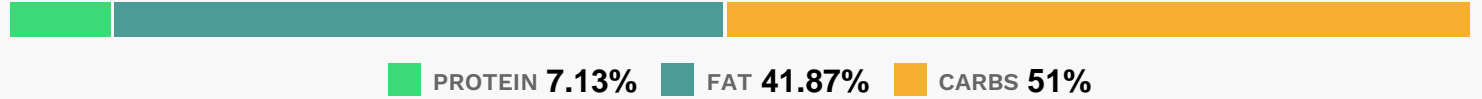
Equipment

- sauce pan

Directions

- In a heavy saucepan, combine the milk, chocolate and butter. Cook and stir over medium-low heat until chocolate is melted.
- Remove from the heat; stir in vanilla.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:10.98, Inflammation Score:-2, Nutrition Score:3.8686956633692%

Nutrients (% of daily need)

Calories: 178.57kcal (8.93%), Fat: 8.39g (12.91%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 22.23g (8.08%), Sugar: 21.51g (23.89%), Cholesterol: 16.83mg (5.61%), Sodium: 57.98mg (2.52%), Alcohol: 0.1g (100%), Alcohol %: 0.32% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.21g (6.43%), Phosphorus: 108.83mg (10.88%), Calcium: 100.39mg (10.04%), Vitamin B2: 0.14mg (8.43%), Selenium: 5.71µg (8.16%), Manganese: 0.13mg (6.4%), Magnesium: 25.32mg (6.33%), Copper: 0.12mg (6.16%), Potassium: 177.34mg (5.07%), Zinc: 0.56mg (3.76%), Iron: 0.66mg (3.67%), Vitamin A: 151.34IU (3.03%), Fiber: 0.76g (3.02%), Vitamin B5: 0.28mg (2.79%), Vitamin B12: 0.17µg (2.78%), Vitamin B1: 0.03mg (2.2%), Vitamin E: 0.16mg (1.09%), Vitamin C: 0.86mg (1.04%), Vitamin B6: 0.02mg (1.01%)