



Hot Fudge Sauce

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



742 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup plus light
- ☐ 3 cups cup heavy whipping cream
- ☐ 1 cup sugar
- ☐ 4 ounces chocolate unsweetened
- ☐ 1 tablespoon vanilla extract

Equipment

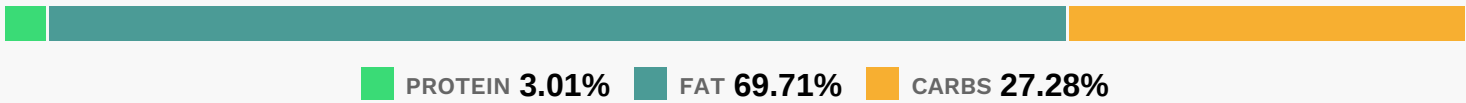
- ☐ whisk

- ☐ pot
- ☐ immersion blender

Directions

- ☐ Put everything except the vanilla in a pot and bring it to a boil. Continue cooking until it looks like it's broken and separating. Take it off the heat, whisk in the vanilla; then blend it with a hand blender to smooth it out. Chill until ready to serve; then heat it up.
- ☐ Pour over scoops of ice cream, topped with whipped cream and chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:23.18, Glycemic Load:25.35, Inflammation Score:-8, Nutrition Score:12.033912954123%

Flavonoids

Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

Nutrients (% of daily need)

Calories: 741.89kcal (37.09%), Fat: 60.65g (93.31%), Saturated Fat: 38.35g (239.66%), Carbohydrates: 53.41g (17.8%), Net Carbohydrates: 50.27g (18.28%), Sugar: 48.11g (53.45%), Cholesterol: 154.81mg (51.6%), Sodium: 106.82mg (4.64%), Alcohol: 0.75g (100%), Alcohol %: 0.48% (100%), Caffeine: 15.12mg (5.04%), Protein: 5.9g (11.8%), Manganese: 0.8mg (39.75%), Vitamin A: 1985.66IU (39.71%), Copper: 0.63mg (31.4%), Iron: 3.43mg (19.05%), Magnesium: 70.72mg (17.68%), Vitamin B2: 0.25mg (14.95%), Phosphorus: 147.02mg (14.7%), Zinc: 2.18mg (14.55%), Vitamin D: 1.9µg (12.69%), Fiber: 3.14g (12.55%), Calcium: 102.32mg (10.23%), Vitamin E: 1.39mg (9.27%), Potassium: 276.2mg (7.89%), Selenium: 5.49µg (7.85%), Vitamin K: 6.3µg (6%), Vitamin B1: 0.06mg (4.05%), Vitamin B5: 0.35mg (3.46%), Vitamin B12: 0.21µg (3.44%), Folate: 10.34µg (2.58%), Vitamin B6: 0.05mg (2.38%), Vitamin B3: 0.35mg (1.73%)