

Hot Fudge Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



223 kcal

SAUCE

Ingredients

- ☐ 4 ounces bittersweet chocolate 60% finely chopped (cacao)
- ☐ 0.5 cup plus light
- ☐ 0.3 cup dutch-process cocoa powder unsweetened sifted
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup sugar
- ☐ 4 ounces chocolate unsweetened finely chopped
- ☐ 1 teaspoon vanilla extract

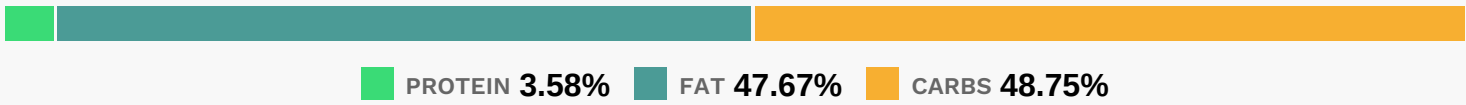
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Mix cream, sugar, cocoa, corn syrup, and salt in a medium saucepan. Bring to a boil over medium-high heat and cook just until sugar has completely dissolved, about 3 minutes.
- ☐ Remove from heat.
- ☐ Add chocolates and vanilla and stir until chocolate is melted and sauce is completely smooth. If you have any lumps, gently press and smear them against the bottom of the pan with a spatula as you stir.

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:10.97, Inflammation Score:-4, Nutrition Score:5.1269564884512%

Flavonoids

Catechin: 5.79mg, Catechin: 5.79mg, Catechin: 5.79mg, Catechin: 5.79mg Epicatechin: 13.54mg, Epicatechin: 13.54mg, Epicatechin: 13.54mg, Epicatechin: 13.54mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 223.13kcal (11.16%), Fat: 12.84g (19.75%), Saturated Fat: 7.88g (49.23%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 27.15g (9.87%), Sugar: 25.4g (28.22%), Cholesterol: 18.38mg (6.13%), Sodium: 91.88mg (3.99%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Caffeine: 15.85mg (5.28%), Protein: 2.17g (4.34%), Manganese: 0.47mg (23.58%), Copper: 0.4mg (19.8%), Magnesium: 46.44mg (11.61%), Iron: 2.02mg (11.2%), Fiber: 2.39g (9.56%), Zinc: 1.12mg (7.44%), Phosphorus: 69.63mg (6.96%), Vitamin A: 237.02IU (4.74%), Potassium: 143.26mg (4.09%), Selenium: 2.09µg (2.98%), Vitamin B2: 0.05mg (2.78%), Calcium: 26.32mg (2.63%), Vitamin K: 1.82µg (1.73%), Vitamin D: 0.25µg (1.69%), Vitamin B1: 0.02mg (1.64%), Vitamin E: 0.22mg (1.48%), Vitamin B3: 0.21mg (1.04%)