



## Hot Fudge Sauce

 Gluten Free

READY IN



12 min.

SERVINGS



12

CALORIES



298 kcal

SAUCE

### Ingredients

- 8 oz baker's chocolate unsweetened
- 0.3 cup butter
- 0.5 cup milk
- 2 cups sugar
- 1 tsp vanilla
- 0.5 cup whipping cream

### Equipment

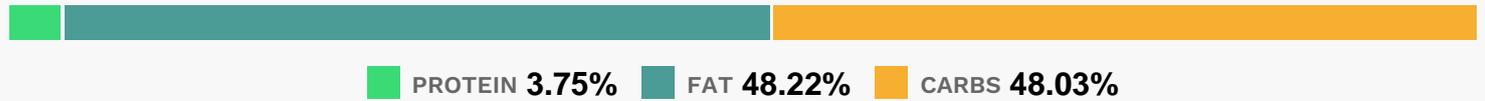
- bowl

microwave

## Directions

- Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add sugar, milk and cream; stir until well blended. Microwave 5 min. or until sauce is thickened and sugar is completely dissolved, stirring after 3 min. Stir in vanilla.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:9.01, Glycemic Load:23.45, Inflammation Score:-5, Nutrition Score:7.6504347253105%

## 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: 297.85kcal (14.89%), Fat: 17.71g (27.24%), Saturated Fat: 9.37g (58.59%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 36.55g (13.29%), Sugar: 34.26g (38.07%), Cholesterol: 12.43mg (4.14%), Sodium: 56.04mg (2.44%), Alcohol: 0.12g (100%), Alcohol %: 0.2% (100%), Caffeine: 15.12mg (5.04%), Protein: 3.1g (6.19%), Manganese: 0.79mg (39.51%), Copper: 0.61mg (30.74%), Iron: 3.32mg (18.42%), Magnesium: 63.9mg (15.98%), Zinc: 1.89mg (12.59%), Fiber: 3.14g (12.55%), Phosphorus: 92.73mg (9.27%), Vitamin A: 331.41IU (6.63%), Potassium: 184.71mg (5.28%), Calcium: 39.93mg (3.99%), Vitamin B2: 0.06mg (3.53%), Selenium: 2.22µg (3.17%), Vitamin B1: 0.04mg (2.4%), Vitamin E: 0.32mg (2.12%), Vitamin K: 2.18µg (2.08%), Vitamin D: 0.27µg (1.8%), Folate: 5.74µg (1.43%), Vitamin B3: 0.28mg (1.38%), Vitamin B12: 0.08µg (1.26%)