



Kahlúa-Fudge Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



64

CALORIES



22 kcal

Ingredients

- ☐ 1 teaspoon espresso grounds instant
- ☐ 3 tablespoons kahlua (coffee-flavored liqueur)
- ☐ 14 ounce condensed milk sweetened low-fat canned
- ☐ 6 tablespoons cocoa unsweetened
- ☐ 0.5 cup water boiling

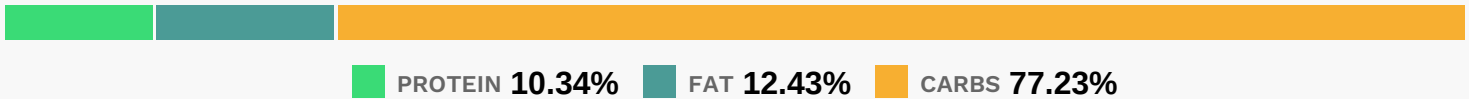
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place milk in a small saucepan; cook 5 minutes over low heat.
- ☐ Combine water, cocoa, and espresso in a small bowl, stirring until granules dissolve. Stir cocoa mixture into milk; cook 5 minutes, stirring frequently. Stir in liqueur; cook 1 minute.
- ☐ Remove from heat.
- ☐ Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.28391304442092%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 22.14kcal (1.11%), Fat: 0.3g (0.46%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 4g (1.46%), Sugar: 3.9g (4.34%), Cholesterol: 0.78mg (0.26%), Sodium: 6.45mg (0.28%), Alcohol: 0.15g (100%), Alcohol %: 2.09% (100%), Protein: 0.56g (1.12%), Calcium: 16.18mg (1.62%)