



Kahlua® Hot Fudge Sauce

 **Gluten Free**

READY IN



15 min.

SERVINGS



10

CALORIES



320 kcal

SAUCE

Ingredients

- ☐ 12 ounce caramel topping
- ☐ 0.3 cup coffee-flavored liqueur to taste kahlua® such as
- ☐ 6 ounces semi chocolate chips
- ☐ 14 ounce condensed milk sweetened eagle brand® canned such as

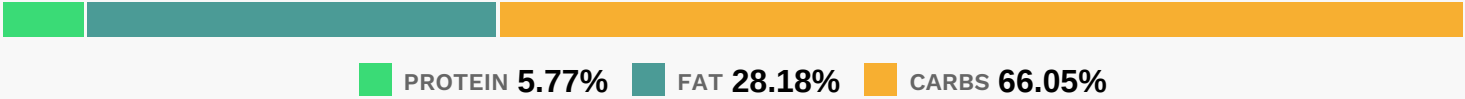
Equipment

- ☐ sauce pan

Directions

☐ Heat condensed milk, caramel topping, chocolate chips, and coffee-flavored liqueur together in a saucepan over low heat, stirring constantly, until chocolate chips are melted and sauce is well mixed, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:13.17, Inflammation Score:-2, Nutrition Score:5.7382608289304%

Nutrients (% of daily need)

Calories: 319.61kcal (15.98%), Fat: 9.99g (15.36%), Saturated Fat: 5.93g (37.08%), Carbohydrates: 52.66g (17.55%), Net Carbohydrates: 51.3g (18.65%), Sugar: 49.99g (55.54%), Cholesterol: 14.52mg (4.84%), Sodium: 168.58mg (7.33%), Alcohol: 1.28g (100%), Alcohol %: 1.68% (100%), Caffeine: 14.63mg (4.88%), Protein: 4.6g (9.2%), Phosphorus: 157.91mg (15.79%), Calcium: 139.93mg (13.99%), Manganese: 0.24mg (12.24%), Selenium: 7.75µg (11.06%), Copper: 0.22mg (10.91%), Magnesium: 41.96mg (10.49%), Vitamin B2: 0.17mg (10.2%), Potassium: 266.15mg (7.6%), Iron: 1.15mg (6.39%), Zinc: 0.82mg (5.49%), Fiber: 1.36g (5.44%), Vitamin B12: 0.27µg (4.44%), Vitamin B5: 0.4mg (4.02%), Vitamin A: 145.09IU (2.9%), Vitamin B1: 0.04mg (2.74%), Vitamin C: 1.2mg (1.46%), Vitamin K: 1.46µg (1.39%), Vitamin B6: 0.03mg (1.3%), Folate: 5.05µg (1.26%), Vitamin E: 0.18mg (1.21%), Vitamin B3: 0.23mg (1.13%)