



## Marshmallow Hot Fudge Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



790 kcal

SAUCE

### Ingredients

- 0.3 cup butter
- 30 large marshmallows
- 0.7 cup milk
- 0.1 teaspoon salt
- 12 ounce semi chocolate chips
- 1.5 teaspoons vanilla extract

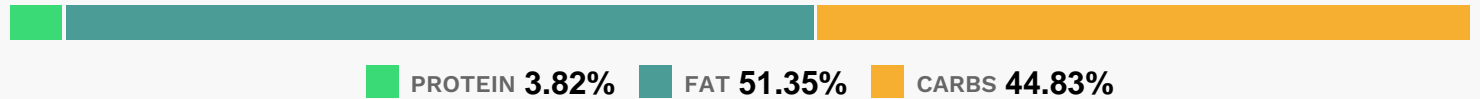
### Equipment

- sauce pan

## Directions

- Heat marshmallows, milk, butter, and salt in a saucepan over low heat until marshmallows melt, stirring often, about 5 minutes.
- Add chocolate chips and vanilla extract; continue stirring until chocolate is melted, 5 minutes more.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:37.13, Glycemic Load:26.52, Inflammation Score:-6, Nutrition Score:14.98130433391%

## Nutrients (% of daily need)

Calories: 789.83kcal (39.49%), Fat: 45.5g (69.99%), Saturated Fat: 26.82g (167.6%), Carbohydrates: 89.36g (29.79%), Net Carbohydrates: 82.51g (30%), Sugar: 63.62g (70.68%), Cholesterol: 40.49mg (13.5%), Sodium: 229.99mg (10%), Alcohol: 0.52g (100%), Alcohol %: 0.34% (100%), Caffeine: 73.14mg (24.38%), Protein: 7.61g (15.21%), Manganese: 1.14mg (56.82%), Copper: 1.11mg (55.69%), Magnesium: 156.08mg (39.02%), Iron: 5.5mg (30.56%), Fiber: 6.86g (27.43%), Phosphorus: 269.89mg (26.99%), Zinc: 2.46mg (16.37%), Potassium: 551.49mg (15.76%), Selenium: 8.95µg (12.79%), Calcium: 107.94mg (10.79%), Vitamin A: 462.95IU (9.26%), Vitamin K: 7.24µg (6.89%), Vitamin B12: 0.4µg (6.61%), Vitamin B2: 0.1mg (6.15%), Vitamin E: 0.85mg (5.68%), Vitamin B5: 0.43mg (4.26%), Vitamin B3: 0.81mg (4.04%), Vitamin B1: 0.05mg (3.43%), Vitamin D: 0.45µg (2.98%), Vitamin B6: 0.06mg (2.81%)