



Mexican Chocolate Sauce

 Gluten Free

READY IN



8 min.

SERVINGS



8

CALORIES



257 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 8 oz semisweet chocolate baking squares chopped
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons brown sugar light
- ☐ 1 pinch salt
- ☐ 0.8 cup whipping cream

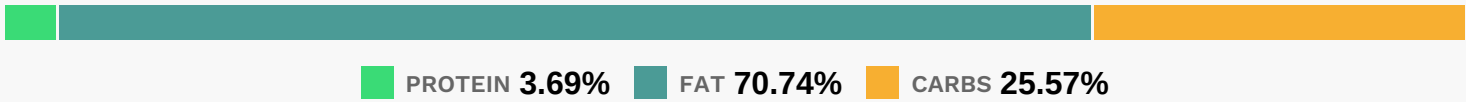
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook first 6 ingredients in a small saucepan over low heat, whisking occasionally, 3 to 4 minutes or until mixture is smooth and chocolate is melted.
- ☐ Remove from heat.
- ☐ Whisk in butter until melted.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:5.3082608438056%

Nutrients (% of daily need)

Calories: 256.87kcal (12.84%), Fat: 20.34g (31.29%), Saturated Fat: 12.28g (76.73%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 14.24g (5.18%), Sugar: 12.05g (13.39%), Cholesterol: 30.68mg (10.23%), Sodium: 25.25mg (1.1%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Caffeine: 24.38mg (8.13%), Protein: 2.39g (4.77%), Manganese: 0.39mg (19.39%), Copper: 0.36mg (17.85%), Magnesium: 51.63mg (12.91%), Iron: 1.83mg (10.15%), Fiber: 2.3g (9.2%), Phosphorus: 87.16mg (8.72%), Vitamin A: 386.09IU (7.72%), Zinc: 0.81mg (5.39%), Potassium: 184.14mg (5.26%), Selenium: 3.08µg (4.4%), Calcium: 34.2mg (3.42%), Vitamin B2: 0.06mg (3.33%), Vitamin E: 0.41mg (2.76%), Vitamin K: 2.9µg (2.76%), Vitamin D: 0.36µg (2.38%), Vitamin B12: 0.09µg (1.5%), Vitamin B5: 0.15mg (1.45%), Vitamin B3: 0.25mg (1.28%)