



Mint Hot Fudge Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



314 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 12 oz evaporated milk canned
- ☐ 8 ounces peppermint candies hard crushed (45 candies)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 4 oz chocolate unsweetened

Equipment

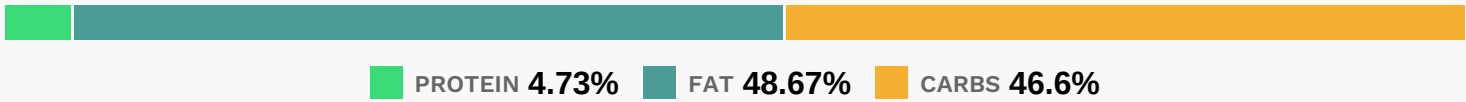
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ microwave

Directions

- ☐ Microwave evaporated milk in a microwave-safe bowl at HIGH 2 minutes or until hot. Stir in crushed candies, stirring constantly until candies dissolve. Melt chocolate and butter in a large heavy saucepan over low heat, stirring constantly. Gradually stir in evaporated milk mixture. Gradually whisk in sugar. Cook, whisking constantly, over low heat 3 minutes or until smooth.
- ☐ Remove from heat, and whisk in salt.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:22, Inflammation Score:-4, Nutrition Score:6.1682608691247%

Flavonoids

Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg

Nutrients (% of daily need)

Calories: 314.47kcal (15.72%), Fat: 17.74g (27.29%), Saturated Fat: 11.06g (69.15%), Carbohydrates: 38.22g (12.74%), Net Carbohydrates: 36.34g (13.21%), Sugar: 28.83g (32.03%), Cholesterol: 34.27mg (11.42%), Sodium: 140.93mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.07mg (3.02%), Protein: 3.88g (7.75%), Manganese: 0.47mg (23.75%), Copper: 0.37mg (18.64%), Phosphorus: 117.14mg (11.71%), Magnesium: 45.47mg (11.37%), Iron: 2.05mg (11.36%), Calcium: 103.09mg (10.31%), Zinc: 1.37mg (9.1%), Fiber: 1.88g (7.53%), Vitamin B2: 0.12mg (7.33%), Vitamin A: 364.94IU (7.3%), Potassium: 200.13mg (5.72%), Selenium: 1.87µg (2.68%), Vitamin B5: 0.25mg (2.49%), Vitamin E: 0.36mg (2.42%), Vitamin B1: 0.03mg (2.22%), Vitamin K: 2.1µg (2%), Folate: 6.24µg (1.56%), Vitamin B12: 0.07µg (1.23%), Vitamin B3: 0.22mg (1.12%), Vitamin B6: 0.02mg (1.02%)