



Mocha Caramel Sauce



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



466 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 oz fine-quality bittersweet chocolate unsweetened 60% finely chopped (not ; no more than cacao)
- ☐ 1 cup heavy cream
- ☐ 3.5 teaspoons espresso powder
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar

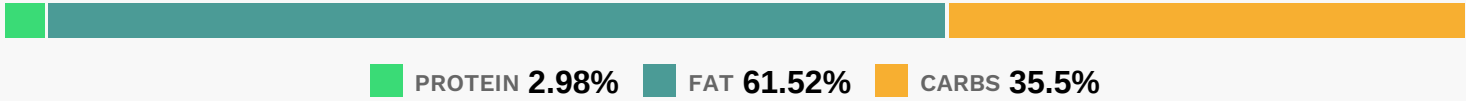
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together cream and espresso powder.
- ☐ Cook sugar in a dry 2-quart heavy saucepan over moderately high heat, undisturbed, until it begins to melt, about 2 minutes. Continue to cook, stirring occasionally with a fork, until sugar is melted into a deep golden caramel, 1 to 2 minutes.
- ☐ Remove from heat and carefully pour in espresso cream (mixture will steam and bubble vigorously), then cook over low heat, stirring, until caramel is dissolved, 1 to 2 minutes.
- ☐ Add chocolate and salt and cook, stirring, until sauce is smooth.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-6, Nutrition Score:6.9473913622939%

Nutrients (% of daily need)

Calories: 465.78kcal (23.29%), Fat: 32.42g (49.88%), Saturated Fat: 19.93g (124.58%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 39.84g (14.49%), Sugar: 37.09g (41.22%), Cholesterol: 68.94mg (22.98%), Sodium: 92.14mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 51.86mg (17.29%), Protein: 3.53g (7.06%), Manganese: 0.39mg (19.62%), Copper: 0.36mg (18.17%), Vitamin A: 888.82IU (17.78%), Magnesium: 56.92mg (14.23%), Phosphorus: 110.87mg (11.09%), Iron: 1.9mg (10.57%), Fiber: 2.27g (9.07%), Vitamin B2: 0.13mg (7.71%), Potassium: 248.76mg (7.11%), Vitamin D: 0.95µg (6.35%), Selenium: 4.43µg (6.32%), Zinc: 0.9mg (6%), Calcium: 58.38mg (5.84%), Vitamin E: 0.71mg (4.76%), Vitamin K: 3.96µg (3.77%), Vitamin B3: 0.52mg (2.61%), Vitamin B12: 0.15µg (2.44%), Vitamin B5: 0.24mg (2.38%), Vitamin B6: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.4%)