



Mocha Chocolate Sauce with Pound Cake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon rum / brandy / coffee liqueur
- ☐ 1.5 tablespoons plus
- ☐ 10.8 ounce round cake low-fat cut into 12 slices (such as Sara Lee)
- ☐ 0.5 cup powdered sugar
- ☐ 2 cups raspberries
- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup milk whole

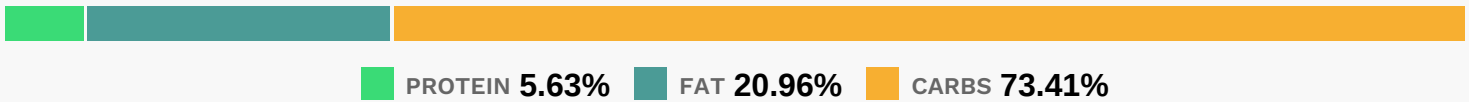
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Heat milk in top of a double boiler over medium heat.
- ☐ Add chocolate to pan; cook 2 minutes or until smooth, stirring constantly. Stir in sugar, corn syrup, liqueur, and vanilla; cook 2 minutes or until smooth, stirring constantly with a whisk.
- ☐ Serve with pound cake and raspberries.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:1.6, Inflammation Score:-3, Nutrition Score:8.4204348325729%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 321.82kcal (16.09%), Fat: 7.51g (11.56%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 59.2g (19.73%), Net Carbohydrates: 55.21g (20.08%), Sugar: 41.46g (46.07%), Cholesterol: 54.29mg (18.1%), Sodium: 327.23mg (14.23%), Alcohol: 0.6g (100%), Alcohol %: 0.56% (100%), Caffeine: 12.19mg (4.06%), Protein: 4.54g (9.08%), Manganese: 0.56mg (28.19%), Fiber: 3.99g (15.95%), Iron: 2.56mg (14.22%), Phosphorus: 131.74mg (13.17%), Vitamin

C: 10.48mg (12.7%), Copper: 0.25mg (12.27%), Vitamin B2: 0.18mg (10.56%), Magnesium: 41.04mg (10.26%), Vitamin B1: 0.15mg (10.11%), Selenium: 6.25µg (8.93%), Folate: 32.27µg (8.07%), Calcium: 71.85mg (7.19%), Vitamin B3: 1.35mg (6.77%), Potassium: 211.89mg (6.05%), Zinc: 0.88mg (5.89%), Vitamin B5: 0.47mg (4.68%), Vitamin K: 4.28µg (4.08%), Vitamin E: 0.56mg (3.74%), Vitamin B12: 0.22µg (3.68%), Vitamin B6: 0.06mg (3.08%), Vitamin A: 120.47IU (2.41%), Vitamin D: 0.25µg (1.67%)