



Mocha Sauce



Gluten Free



Low Fod Map

READY IN



13 min.

SERVINGS



10

CALORIES



119 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons butter reduced-fat
- ☐ 0.3 cup half-and-half
- ☐ 1 cup semisweet chocolate morsels
- ☐ 3 tablespoons strong-brewed coffee

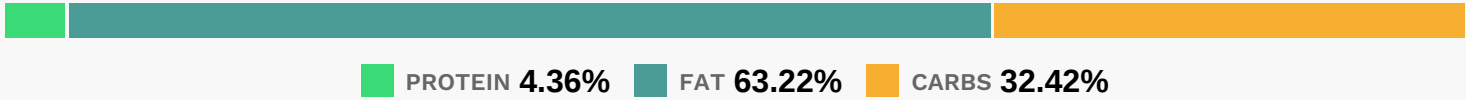
Equipment

- ☐ sauce pan

Directions

- ☐ Cook first 3 ingredients in a small heavy saucepan over low heat, stirring often, 2 to 3 minutes or until smooth.
- ☐ Remove from heat, and stir in coffee.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.9578260724311%

Nutrients (% of daily need)

Calories: 119.36kcal (5.97%), Fat: 8.4g (12.93%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 8.26g (3%), Sugar: 6.86g (7.62%), Cholesterol: 5.35mg (1.78%), Sodium: 12.01mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.25mg (5.75%), Protein: 1.3g (2.61%), Manganese: 0.24mg (11.98%), Copper: 0.23mg (11.26%), Magnesium: 32.44mg (8.11%), Iron: 1.14mg (6.34%), Fiber: 1.44g (5.76%), Phosphorus: 52.92mg (5.29%), Zinc: 0.5mg (3.35%), Potassium: 112.46mg (3.21%), Selenium: 1.72µg (2.45%), Calcium: 17.96mg (1.8%), Vitamin B2: 0.02mg (1.43%), Vitamin K: 1.45µg (1.38%), Vitamin A: 55.41IU (1.11%)