



Mocha Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



221 kcal

BEVERAGE

DRINK

Ingredients

- 2 ounces bittersweet chocolate chopped
- 1 tablespoon firmly brown sugar dark packed
- 2 teaspoons cornstarch
- 0.3 teaspoon ground cinnamon
- 1 teaspoon espresso coffee dried instant
- 0.5 cup nonfat milk
- 2 servings try build-a-meal

Equipment

frying pan

whisk

Directions

In a 1- to 2-quart pan, whisk sugar, cornstarch, instant espresso, cinnamon, chocolate, and 1/2 cup milk to blend.

Nutrition Facts



PROTEIN 7.31% **FAT 44.35%** **CARBS 48.34%**

Properties

Glycemic Index:19.13, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:7.0821739231925%

Nutrients (% of daily need)

Calories: 221.01kcal (11.05%), Fat: 10.94g (16.84%), Saturated Fat: 6.28g (39.25%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 24.19g (8.8%), Sugar: 19.34g (21.48%), Cholesterol: 3.54mg (1.18%), Sodium: 30.03mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 40.08mg (13.36%), Protein: 4.06g (8.12%), Manganese: 0.5mg (25.08%), Copper: 0.37mg (18.37%), Magnesium: 62.11mg (15.53%), Phosphorus: 147.74mg (14.77%), Iron: 1.95mg (10.84%), Calcium: 107.22mg (10.72%), Fiber: 2.64g (10.58%), Potassium: 297.15mg (8.49%), Zinc: 1.09mg (7.28%), Vitamin B12: 0.41µg (6.77%), Selenium: 4.32µg (6.16%), Vitamin B2: 0.1mg (5.74%), Vitamin D: 0.67µg (4.49%), Vitamin B5: 0.33mg (3.28%), Vitamin B1: 0.05mg (3.1%), Vitamin A: 139.97IU (2.8%), Vitamin B6: 0.05mg (2.61%), Vitamin B3: 0.52mg (2.58%), Vitamin K: 2.19µg (2.08%), Vitamin E: 0.19mg (1.25%)