



Perfect Chocolate Sauce is The Best



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



114 kcal

SAUCE

Ingredients

- ☐ 0.5 cup agave nectar
- ☐ 0.8 cup dutch-processed cocoa powder
- ☐ 0.5 cup granulated sugar
- ☐ 3 ounce bittersweet chocolate 60% finely chopped ()
- ☐ 1 cup water

Equipment

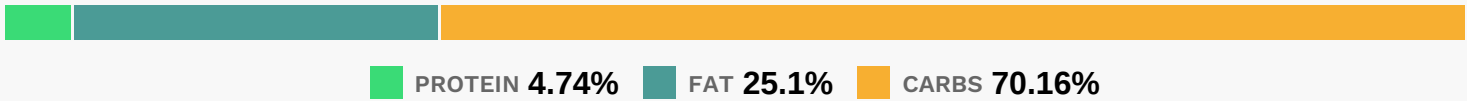
- ☐ frying pan
- ☐ sauce pan

☐ sieve

Directions

- ☐ Place the sugar, water, cocoa powder and agave nectar in a medium saucepan set over medium-high heat. Bring the mixture to a boil, stirring frequently.
- ☐ Remove the pan from heat just as the mixture begins to boil; add chopped chocolate, stirring until completely melted. While the sauce is still warm and pourable pass it through a fine meshed sieve to remove any lumps. It may be used immediately if you want a pourable sauce, or you can let it sit for a couple of hours to thicken. Store the chocolate sauce covered and refrigerated for up to 10 days. Gently rewarm or bring to room temperature before serving. Like this: [Like Loading...](#)

Nutrition Facts



Properties

Glycemic Index: 7.09, Glycemic Load: 6.87, Inflammation Score: -2, Nutrition Score: 3.7491304534285%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 113.79kcal (5.69%), Fat: 3.52g (5.41%), Saturated Fat: 2g (12.47%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 19.56g (7.11%), Sugar: 17.25g (19.16%), Cholesterol: 0.43mg (0.14%), Sodium: 3.27mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.46mg (6.15%), Protein: 1.5g (2.99%), Manganese: 0.3mg (15.05%), Copper: 0.3mg (14.84%), Fiber: 2.57g (10.3%), Magnesium: 39.58mg (9.9%), Iron: 1.21mg (6.71%), Phosphorus: 57.97mg (5.8%), Zinc: 0.56mg (3.72%), Potassium: 122.42mg (3.5%), Vitamin K: 2.71µg (2.58%), Selenium: 1.57µg (2.24%), Vitamin B2: 0.03mg (1.95%), Vitamin C: 1.56mg (1.89%), Vitamin B6: 0.03mg (1.51%), Vitamin B3: 0.24mg (1.2%), Calcium: 12.04mg (1.2%), Vitamin B1: 0.02mg (1.18%), Folate: 4.47µg (1.12%)