



Rich Chocolate Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



57 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup milk fat-free
- ☐ 1.5 ounces bittersweet chocolate chopped
- ☐ 0.5 cup sugar
- ☐ 0.5 cup cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract

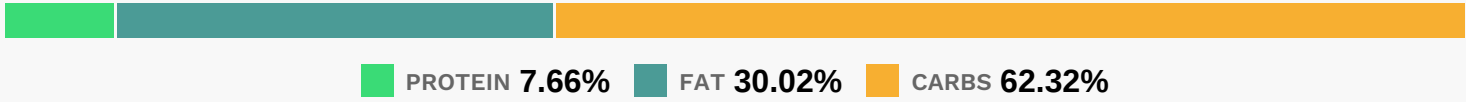
Equipment

- ☐ sauce pan

Directions

- ☐ Combine sugar and cocoa in a small saucepan; stir in milk and butter. Bring to a boil over medium heat, stirring constantly. Cook 3 minutes, stirring constantly.
- ☐ Remove from heat; stir in chocolate and vanilla, stirring until chocolate melts.
- ☐ Serve warm or let stand 10 minutes to thicken.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:4.61, Inflammation Score:-1, Nutrition Score:2.1026086781336%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 57.42kcal (2.87%), Fat: 2.13g (3.27%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 8.73g (3.18%), Sugar: 8.05g (8.94%), Cholesterol: 2.5mg (0.83%), Sodium: 12.81mg (0.56%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Caffeine: 8.47mg (2.82%), Protein: 1.22g (2.44%), Manganese: 0.14mg (6.97%), Copper: 0.14mg (6.79%), Magnesium: 19.96mg (4.99%), Fiber: 1.21g (4.83%), Phosphorus: 43.24mg (4.32%), Iron: 0.55mg (3.03%), Calcium: 25.59mg (2.56%), Potassium: 82.01mg (2.34%), Zinc: 0.32mg (2.16%), Vitamin B2: 0.03mg (1.73%), Vitamin B12: 0.1µg (1.58%), Selenium: 0.96µg (1.37%), Vitamin D: 0.17µg (1.12%), Vitamin A: 54.43IU (1.09%)