



Rich Hot Fudge Sauce

 **Gluten Free**

READY IN

ready

15 min.

SERVINGS

servings

10

CALORIES

calories

246 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 ounces bittersweet chocolate chopped such as Baker's®
- ☐ 14 ounce condensed milk sweetened canned

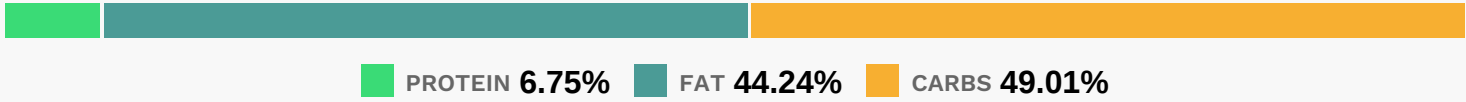
Equipment

- ☐ sauce pan

Directions

- ☐ Heat sweetened condensed milk and chocolate in a heavy saucepan over medium-low heat until chocolate is melted, stirring often, about 5 minutes.
- ☐ Remove from heat.
- ☐ Add butter and stir until melted, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:13.17, Inflammation Score:-3, Nutrition Score:5.4895652532578%

Nutrients (% of daily need)

Calories: 245.96kcal (12.3%), Fat: 12.24g (18.83%), Saturated Fat: 7.37g (46.03%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 29.15g (10.6%), Sugar: 27.84g (30.93%), Cholesterol: 20.53mg (6.84%), Sodium: 70.11mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.63mg (4.88%), Protein: 4.2g (8.41%), Phosphorus: 145.31mg (14.53%), Calcium: 123.94mg (12.39%), Manganese: 0.23mg (11.39%), Copper: 0.22mg (10.91%), Selenium: 7.33µg (10.47%), Vitamin B2: 0.17mg (10.26%), Magnesium: 40.31mg (10.08%), Potassium: 244.36mg (6.98%), Iron: 1.15mg (6.39%), Zinc: 0.83mg (5.51%), Fiber: 1.36g (5.44%), Vitamin A: 184.45IU (3.69%), Vitamin B5: 0.35mg (3.52%), Vitamin B12: 0.21µg (3.5%), Vitamin B1: 0.04mg (2.75%), Vitamin K: 1.66µg (1.58%), Vitamin E: 0.23mg (1.53%), Vitamin B6: 0.03mg (1.31%), Vitamin C: 1.03mg (1.25%), Vitamin B3: 0.23mg (1.14%), Folate: 4.45µg (1.11%)