



Silky Chocolate-Caramel Sauce



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



16

CALORIES



171 kcal

SAUCE

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.7 cup whipping cream
- ☐ 10 tablespoons butter
- ☐ 4 oz baker's chocolate chopped

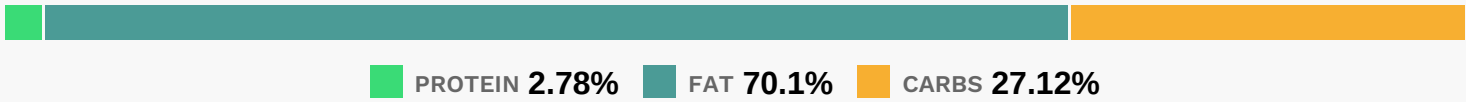
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, cook brown sugar, whipping cream and butter over medium heat 2 to 3 minutes, stirring constantly, until mixture comes to a full boil.
- ☐ Add chocolate; cook about 2 minutes, stirring constantly, until chocolate is melted and sauce is smooth.
- ☐ Serve warm or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.3691304692108%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 171.15kcal (8.56%), Fat: 14.38g (22.13%), Saturated Fat: 9.07g (56.69%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.34g (4.12%), Sugar: 10.36g (11.51%), Cholesterol: 30.02mg (10.01%), Sodium: 63.53mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 1.28g (2.57%), Manganese: 0.3mg (15.1%), Copper: 0.24mg (11.75%), Iron: 1.32mg (7.32%), Vitamin A: 364.44IU (7.29%), Magnesium: 24.97mg (6.24%), Zinc: 0.72mg (4.78%), Fiber: 1.18g (4.71%), Phosphorus: 36.61mg (3.66%), Calcium: 24.36mg (2.44%), Potassium: 84.06mg (2.4%), Vitamin E: 0.32mg (2.15%), Vitamin B2: 0.03mg (1.69%), Selenium: 1.08µg (1.55%), Vitamin K: 1.62µg (1.54%), Vitamin D: 0.16µg (1.06%)