



## Silky Ganache

 Gluten Free

READY IN



70 min.

SERVINGS



20

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons butter
- 2 tablespoons heavy cream
- 0.3 teaspoon salt
- 12 oz semisweet chocolate morsels
- 14 oz condensed milk sweetened canned
- 1 teaspoon vanilla extract

## Equipment

- bowl

double boiler

hand mixer

## Directions

Pour water to depth of 1 inch into bottom of a double boiler over medium-high heat, and bring to a boil. Reduce heat to medium-low, and simmer; place chocolate and salt in top of double boiler over simmering water. Cook, stirring constantly, 2 to 3 minutes or until melted.

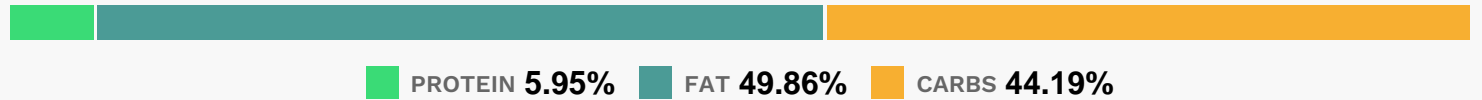
Add sweetened condensed milk; cook, stirring constantly, 1 to 2 minutes or until blended and smooth.

Remove from heat; add butter and vanilla, and stir 4 to 5 minutes or until smooth.

Let cool to room temperature (about 45 minutes).

Transfer to a bowl. Gradually add cream to chocolate mixture, and beat with an electric mixer at high speed 2 to 3 minutes or until smooth and the consistency of a thick buttercream frosting. Use immediately.

## Nutrition Facts



## Properties

Glycemic Index:5.55, Glycemic Load:6.59, Inflammation Score:-2, Nutrition Score:4.0913043475669%

## Nutrients (% of daily need)

Calories: 177.9kcal (8.9%), Fat: 9.92g (15.26%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 18.42g (6.7%), Sugar: 17.11g (19.01%), Cholesterol: 12.47mg (4.16%), Sodium: 65.4mg (2.84%), Alcohol: 0.07g (100%), Alcohol %: 0.22% (100%), Caffeine: 14.63mg (4.88%), Protein: 2.67g (5.33%), Manganese: 0.23mg (11.36%), Copper: 0.22mg (10.78%), Phosphorus: 95.65mg (9.57%), Magnesium: 35.25mg (8.81%), Calcium: 68.27mg (6.83%), Selenium: 4.42µg (6.32%), Iron: 1.12mg (6.19%), Vitamin B2: 0.09mg (5.55%), Fiber: 1.36g (5.44%), Potassium: 172.13mg (4.92%), Zinc: 0.64mg (4.28%), Vitamin A: 118.53IU (2.37%), Vitamin B12: 0.12µg (2.05%), Vitamin B5: 0.21mg (2.05%), Vitamin B1: 0.02mg (1.58%), Vitamin K: 1.49µg (1.42%), Vitamin E: 0.18mg (1.19%)