



Simple chocolate sauce

 Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



335 kcal

SAUCE

Ingredients

- ☐ 50 g chocolate dark 70% (use at least cocoa solids)
- ☐ 25 g butter
- ☐ 125 ml double cream
- ☐ 1 tbsp sugar
- ☐ 1 tbsp pear liqueur

Equipment

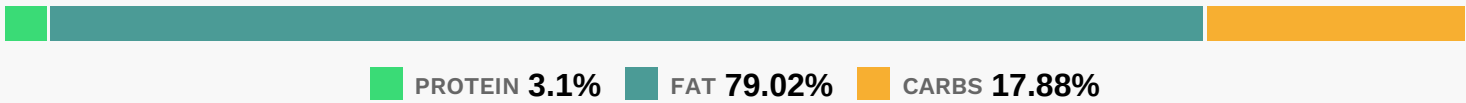
- ☐ bowl
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Melt the chocolate in a bowl over a pan of barely simmering water until completely smooth (see step-by-step).
- ☐ Heat all of the remaining ingredients in a small saucepan until evenly combined.
- ☐ Remove from the heat and stir through the melted chocolate.
- ☐ Serve warm over chocolate pudding, vanilla ice cream or both!

Nutrition Facts



Properties

Glycemic Index:47.7, Glycemic Load:4.14, Inflammation Score:-5, Nutrition Score:5.5039131058299%

Nutrients (% of daily need)

Calories: 335.45kcal (16.77%), Fat: 29.01g (44.63%), Saturated Fat: 18.01g (112.53%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 12.95g (4.71%), Sugar: 11.14g (12.37%), Cholesterol: 65.78mg (21.93%), Sodium: 68.27mg (2.97%), Alcohol: 1.99g (100%), Alcohol %: 3.32% (100%), Caffeine: 13.33mg (4.44%), Protein: 2.56g (5.12%), Vitamin A: 830.91IU (16.62%), Manganese: 0.33mg (16.26%), Copper: 0.3mg (14.96%), Iron: 2.03mg (11.27%), Magnesium: 41.1mg (10.28%), Phosphorus: 77.64mg (7.76%), Fiber: 1.82g (7.27%), Vitamin B2: 0.1mg (5.61%), Potassium: 161.07mg (4.6%), Vitamin E: 0.68mg (4.52%), Vitamin D: 0.67µg (4.47%), Zinc: 0.66mg (4.4%), Calcium: 41.87mg (4.19%), Selenium: 2.5µg (3.57%), Vitamin K: 3.14µg (2.99%), Vitamin B12: 0.13µg (2.13%), Vitamin B5: 0.19mg (1.86%), Vitamin B6: 0.02mg (1.06%), Vitamin B3: 0.21mg (1.03%)