



## Sue's Hot Fudge Sauce



Vegetarian



Gluten Free



Popular

READY IN



11 min.

SERVINGS



2

CALORIES



2247 kcal

SAUCE

### Ingredients

- 1 cup butter
- 12 fluid ounce evaporated milk canned
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 3 cups sugar white

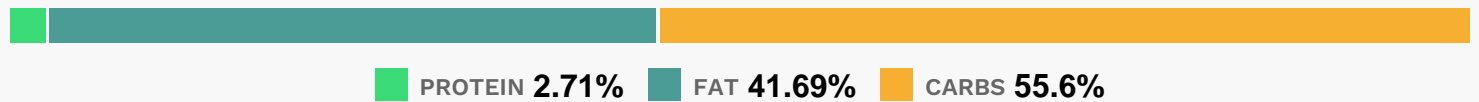
### Equipment

- sauce pan
- blender

## Directions

- Combine butter, cocoa, sugar and evaporated milk in a saucepan over medium heat. Bring to a boil and boil for 7 minutes.
- Remove from heat; stir in vanilla. Carefully pour hot mixture into a blender and blend for 2 to 4 minutes.
- Serve immediately. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:60.05, Glycemic Load:209.47, Inflammation Score:-9, Nutrition Score:19.8799999745%

## Flavonoids

Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 2246.75kcal (112.34%), Fat: 108.39g (166.75%), Saturated Fat: 67.64g (422.76%), Carbohydrates: 325.23g (108.41%), Net Carbohydrates: 319.93g (116.34%), Sugar: 317.78g (353.09%), Cholesterol: 295.48mg (98.49%), Sodium: 924.06mg (40.18%), Alcohol: 0.69g (100%), Alcohol %: 0.14% (100%), Caffeine: 32.97mg (10.99%), Protein: 15.86g (31.72%), Vitamin A: 3260.4IU (65.21%), Calcium: 511.87mg (51.19%), Phosphorus: 492.73mg (49.27%), Vitamin B2: 0.69mg (40.75%), Copper: 0.59mg (29.7%), Magnesium: 116.61mg (29.15%), Manganese: 0.58mg (28.86%), Potassium: 791.65mg (22.62%), Fiber: 5.3g (21.21%), Vitamin E: 2.93mg (19.54%), Zinc: 2.48mg (16.51%), Iron: 2.5mg (13.91%), Selenium: 9.07µg (12.95%), Vitamin B5: 1.29mg (12.94%), Vitamin K: 9.37µg (8.92%), Vitamin B12: 0.48µg (7.95%), Vitamin B1: 0.1mg (6.7%), Folate: 22.19µg (5.55%), Vitamin B6: 0.11mg (5.48%), Vitamin C: 3.37mg (4.09%), Vitamin B3: 0.71mg (3.56%), Vitamin D: 0.18µg (1.18%)