



Tina's Chocolate Gravy

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



287 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3.5 tablespoons cocoa powder
- ☐ 8 servings ice cream hot for serving
- ☐ 3 tablespoons self-rising flour
- ☐ 1 cup sugar
- ☐ 1.5 cups milk whole

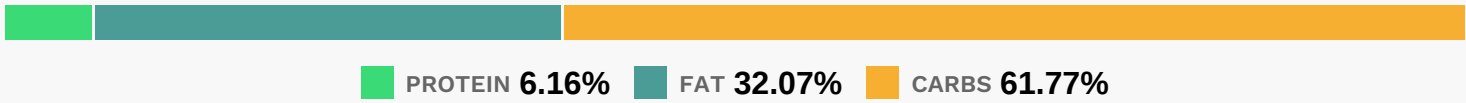
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix the sugar, cocoa powder and flour together until there are no lumps.
- ☐ Add the milk and stir to combine. Melt the butter in large saute pan.
- ☐ Add the flour mixture and cook on medium heat, stirring continually until it thickens.
- ☐ Serve over hot buttered biscuits or even ice cream.

Nutrition Facts



Properties

Glycemic Index:35.76, Glycemic Load:28.72, Inflammation Score:-3, Nutrition Score:5.3186956734761%

Flavonoids

Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 287.33kcal (14.37%), Fat: 10.57g (16.26%), Saturated Fat: 6.41g (40.09%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 44.45g (16.16%), Sugar: 41.19g (45.77%), Cholesterol: 38.29mg (12.76%), Sodium: 82.2mg (3.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.03mg (1.68%), Protein: 4.57g (9.14%), Calcium: 144.62mg (14.46%), Vitamin B2: 0.23mg (13.75%), Phosphorus: 134.53mg (13.45%), Vitamin B12: 0.51µg (8.46%), Vitamin A: 395.76IU (7.92%), Potassium: 236.76mg (6.76%), Magnesium: 26.34mg (6.58%), Vitamin B5: 0.57mg (5.73%), Manganese: 0.11mg (5.64%), Zinc: 0.82mg (5.46%), Fiber: 1.33g (5.34%), Copper: 0.11mg (5.25%), Selenium: 3.58µg (5.11%), Vitamin D: 0.64µg (4.23%), Vitamin B1: 0.06mg (3.77%), Vitamin B6: 0.06mg (3.16%), Iron: 0.4mg (2.22%), Vitamin E: 0.27mg (1.83%), Folate: 4.92µg (1.23%)