



Topsy Hot Fudge Sauce

READY IN



10 min.

SERVINGS



6

CALORIES



773 kcal

SAUCE

Ingredients

- 0.5 cup brown sugar packed
- 1.5 cups chocolate chips dark
- 8 cups vanilla ice cream low-fat
- 1 cup liquid malt extract crushed
- 0.5 cup porter (from 14.9-oz can)

Equipment

- sauce pan
- whisk

Directions

- Place chocolate chips in 3-quart saucepan; place over medium heat.
- Add brown sugar and beer; cook, beating with whisk constantly, until chocolate is melted.
- Scoop ice cream into individual dessert dishes.
- Pour sauce over ice cream; top with crushed malted milk balls.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:21.3, Inflammation Score:-6, Nutrition Score:15.741304475328%

Nutrients (% of daily need)

Calories: 773.38kcal (38.67%), Fat: 25.9g (39.85%), Saturated Fat: 19.98g (124.88%), Carbohydrates: 118.48g (39.49%), Net Carbohydrates: 116.14g (42.23%), Sugar: 87.84g (97.6%), Cholesterol: 60.17mg (20.06%), Sodium: 287.63mg (12.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.83%), Calcium: 539.94mg (53.99%), Vitamin B2: 0.79mg (46.39%), Phosphorus: 340.76mg (34.08%), Potassium: 888.7mg (25.39%), Zinc: 3.28mg (21.86%), Vitamin B12: 1.25µg (20.75%), Vitamin A: 959.11IU (19.18%), Vitamin B1: 0.26mg (17.17%), Magnesium: 65.6mg (16.4%), Vitamin B5: 1.47mg (14.67%), Selenium: 10.03µg (14.33%), Vitamin B6: 0.24mg (12.13%), Fiber: 2.34g (9.36%), Vitamin B3: 1.86mg (9.28%), Copper: 0.17mg (8.35%), Folate: 31.38µg (7.84%), Iron: 1.24mg (6.9%), Vitamin E: 1.02mg (6.83%), Manganese: 0.13mg (6.71%), Vitamin K: 5.4µg (5.14%), Vitamin C: 3.26mg (3.95%), Vitamin D: 0.2µg (1.35%)