



Ultimate Fudge Sauce



Vegetarian



Gluten Free

READY IN



11 min.

SERVINGS



6

CALORIES



545 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus
- ☐ 1 cup heavy whipping cream
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup butter unsalted
- ☐ 8 ounces chocolate unsweetened finely chopped
- ☐ 1.5 teaspoons vanilla extract

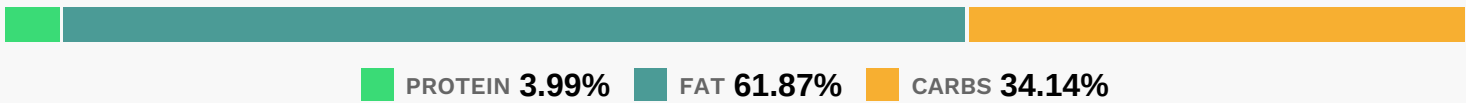
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Combine whipping cream and sugar in a heavy saucepan.
- ☐ Place over medium heat, and cook, stirring constantly, until sugar dissolves. Stir in chocolate, corn syrup, and butter. Cook over medium-low heat, stirring occasionally, until chocolate melts and all ingredients are blended.
- ☐ Remove from heat; stir in vanilla and salt.
- ☐ Let cool to room temperature.
- ☐ Transfer sauce to jars with tight-fitting lids. Store in refrigerator. To serve, spoon sauce into a microwave-safe bowl, and microwave at HIGH for 20-second intervals or until pourable.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:20.22, Inflammation Score:-8, Nutrition Score:15.454782502807%

Flavonoids

Catechin: 24.32mg, Catechin: 24.32mg, Catechin: 24.32mg, Catechin: 24.32mg Epicatechin: 53.61mg, Epicatechin: 53.61mg, Epicatechin: 53.61mg, Epicatechin: 53.61mg

Nutrients (% of daily need)

Calories: 544.8kcal (27.24%), Fat: 41.88g (64.43%), Saturated Fat: 26.21g (163.82%), Carbohydrates: 51.99g (17.33%), Net Carbohydrates: 45.71g (16.62%), Sugar: 41.13g (45.7%), Cholesterol: 65.16mg (21.72%), Sodium: 81.36mg (3.54%), Alcohol: 0.34g (100%), Alcohol %: 0.33% (100%), Caffeine: 30.24mg (10.08%), Protein: 6.08g (12.17%), Manganese: 1.58mg (78.96%), Copper: 1.23mg (61.52%), Iron: 6.63mg (36.85%), Magnesium: 126.88mg (31.72%), Zinc: 3.83mg (25.54%), Fiber: 6.27g (25.1%), Phosphorus: 176.53mg (17.65%), Vitamin A: 819.46IU (16.39%), Potassium: 355.87mg (10.17%), Vitamin B2: 0.12mg (7.13%), Calcium: 69.48mg (6.95%), Selenium: 4.63µg (6.61%), Vitamin K: 5.6µg (5.33%), Vitamin D: 0.78µg (5.18%), Vitamin B1: 0.08mg (5.02%), Vitamin E: 0.74mg (4.9%), Folate: 12.45µg (3.11%), Vitamin B3: 0.55mg (2.73%), Vitamin B5: 0.18mg (1.75%), Vitamin B12: 0.08µg (1.33%), Vitamin B6: 0.02mg (1.23%)