



## Warm Chocolate Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



135 kcal

SAUCE

### Ingredients

- 0.5 cup cup heavy whipping cream

### Equipment

- bowl
- sauce pan
- whisk

### Directions

- Put chocolate in a bowl. Bring cream to a boil in a small saucepan, then pour over chocolate and whisk until smooth. Keep warm, covered, until ready to serve.

## Nutrition Facts

**PROTEIN 3.27%** **FAT 93.46%** **CARBS 3.27%**

### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.6308695500636%

### Nutrients (% of daily need)

Calories: 134.87kcal (6.74%), Fat: 14.32g (22.03%), Saturated Fat: 9.12g (57.02%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 1.13g (0.41%), Sugar: 1.16g (1.29%), Cholesterol: 44.82mg (14.94%), Sodium: 10.71mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin A: 583.1IU (11.66%), Vitamin B2: 0.07mg (4.39%), Vitamin D: 0.63µg (4.23%), Calcium: 26.18mg (2.62%), Vitamin E: 0.36mg (2.43%), Phosphorus: 23.01mg (2.3%), Selenium: 1.19µg (1.7%), Vitamin K: 1.27µg (1.21%), Potassium: 37.68mg (1.08%), Vitamin B12: 0.06µg (1.06%), Vitamin B5: 0.1mg (1.01%)