

Chocolate Sauce

What's Cooking II
North American Institute of Modern Cuisine

Yield: 1 cup

12 ounces semisweet chocolate
 1 tablespoon cocoa
 1 cup heavy cream

In a double-boiler, while stirring, heat all of the ingredients to a smooth sauce.

Serve hot or lukewarm.

Variation for Pirate Chocolate Sauce:
Off heat, add three tablespoons of dark rum to the cooked sauce.

Per Serving (excluding unknown items): 2456 Calories; 190g Fat (63.5% calories from fat); 20g Protein; 225g Carbohydrate; 2g Dietary Fiber; 326mg Cholesterol; 128mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 38 Fat; 14 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2456
% Calories from Fat:	63.5%
% Calories from Carbohydrates:	33.5%
% Calories from Protein:	3.0%
Total Fat (g):	190g
Saturated Fat (g):	115g
Monounsaturated Fat (g):	59g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	326mg
Carbohydrate (g):	225g
Dietary Fiber (g):	2g
Protein (g):	20g
Sodium (mg):	128mg
Potassium (mg):	1503mg
Calcium (mg):	269mg
Iron (mg):	11mg
Zinc (mg):	6mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	3571IU

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	21mcg
Niacin (mg):	2mg
Caffeine (mg):	223mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	38
Other Carbohydrates:	14 1/2

Vitamin A (r.e.):

1019RE

Nutrition Facts

Amount Per Serving

Calories	2456	Calories from Fat: 1559
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% Daily Values*

Total Fat	190g	292%
Saturated Fat	115g	574%
Cholesterol	326mg	109%
Sodium	128mg	5%
Total Carbohydrates	225g	75%
Dietary Fiber	2g	7%
Protein	20g	

Vitamin A	71%
Vitamin C	2%
Calcium	27%
Iron	64%

* Percent Daily Values are based on a 2000 calorie diet.