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Chocolate Syrup Fat-free ♦

A delicious and guilt-free chocolate syrup recipe that is fat-free. Perfect for adding to desserts, drinks, and more.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

50 g	Cocoa Powder
250 ml	Water
100 g	Sugar
1 tsp	vanilla extract
1 tsp	Salt

Directions

Step 1

Stove

In a saucepan, combine cocoa powder, water, sugar, vanilla extract, and salt.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Cook over medium heat, stirring constantly, until the mixture thickens and comes to a boil.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Refrigerating

Remove from heat and let cool. Transfer to a jar or bottle and refrigerate until ready to use.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 20 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	40 mg	1.18%	1.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Easter Barbecue

Course

Drinks Breads Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50

Demographics

Kids Friendly Teen Friendly Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Meal Type

Snack Supper

Difficulty Level

Easy

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