

FUDGE SAUCE

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INGREDIENTS:

2 TBS butter or stick margarine
2 oz unsweetened chocolate
1/2 C sugar
6 TBS unsweetened cocoa
1 C dark corn syrup
1/2 C fat-free milk
2 tsp vanilla extract

INSTRUCTIONS:

Combine butter + chocolate in small saucepan; cook over low heat till chocolate melts, stirring occasionally. Combine sugar + cocoa in medium bowl; add corn syrup and milk, whisking till well-blended. Add cocoa mixture to saucepan. Bring to boil over medium heat - cook 1 minute, stirring constantly. Remove from heat; stir in vanilla.

YIELD: 2 C (serving size: 2 TBS)

NUTRITIONAL INFO: CALORIES 125 (26% from fat); FAT 3.6g (sat 2.2g, mono 1g, poly 0.1g); PROTEIN 1.3g; CARB 24.4g; FIBER 0.1g; CHOL 4mg; IRON 0.6mg; SODIUM 45mg; CALC 17mg