

3-Minute Fudge

 Gluten Free

READY IN



188 min.

SERVINGS



35

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 1 ounce semisweet baking chocolate chopped
- ☐ 12 ounce semi chocolate chips
- ☐ 1 cup condensed milk sweetened

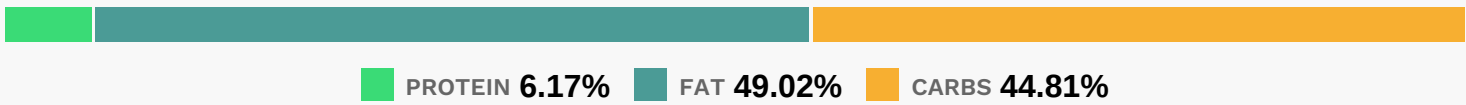
Equipment

- ☐ baking pan
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Grease an 8x8-inch square baking dish with butter.
- ☐ Place sweetened condensed milk, chocolate chips, and baking chocolate in a microwave-safe dish; cook in microwave on low power until chocolate has melted, about 3 minutes. Beat with an electric mixer until smooth, about 1 minute.
- ☐ Pour fudge into the prepared baking dish; let stand until set, 3 to 4 hours.
- ☐ Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:1.74, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:2.3708695636495%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg

Nutrients (% of daily need)

Calories: 88.4kcal (4.42%), Fat: 4.91g (7.55%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 9.18g (3.34%), Sugar: 8.33g (9.26%), Cholesterol: 3.56mg (1.19%), Sodium: 12.27mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.01mg (3%), Protein: 1.39g (2.78%), Manganese: 0.16mg (8.15%), Copper: 0.15mg (7.44%), Magnesium: 22.03mg (5.51%), Phosphorus: 50.63mg (5.06%), Iron: 0.77mg (4.29%), Fiber: 0.91g (3.65%), Calcium: 31.67mg (3.17%), Selenium: 2.18µg (3.11%), Zinc: 0.42mg (2.79%), Potassium: 94.27mg (2.69%), Vitamin B2: 0.04mg (2.47%)