



Alabama Fudge-Pecan Chewies

READY IN



45 min.

SERVINGS



60

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup flour all-purpose
- ☐ 60 pecan halves
- ☐ 0.5 cup pecans chopped
- ☐ 12 ounces semisweet chocolate morsels
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

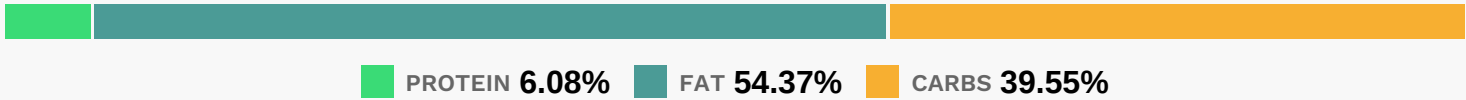
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine first 3 ingredients in a heavy saucepan; cook over medium-low heat, stirring constantly, until chocolate and butter melt.
- ☐ Remove from heat.
- ☐ Stir in flour, chopped pecans, and vanilla.
- ☐ Drop by teaspoonfuls onto ungreased cookie sheets. Press a pecan half into the center of each cookie.
- ☐ Bake at 350 for 7 minutes. (Do not overbake.)
- ☐ Transfer cookies to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:3.36, Inflammation Score:-1, Nutrition Score:2.2034782670114%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 84.59kcal (4.23%), Fat: 5.19g (7.99%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.77g (2.82%), Sugar: 5.79g (6.43%), Cholesterol: 2.59mg (0.86%), Sodium: 17.93mg (0.78%), Alcohol: 0.02g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.88mg (1.63%), Protein: 1.31g (2.61%), Manganese: 0.19mg (9.69%), Copper: 0.1mg (5.13%), Phosphorus: 40.34mg (4.03%), Magnesium: 14.99mg (3.75%), Selenium: 2.25µg (3.21%), Fiber: 0.73g (2.93%), Iron: 0.53mg (2.92%), Vitamin B1: 0.04mg (2.63%), Vitamin B2: 0.04mg (2.59%), Calcium: 24.52mg (2.45%), Zinc: 0.33mg (2.21%), Potassium: 68.88mg (1.97%), Folate: 5.06µg (1.26%),

Vitamin A: 55.62IU (1.11%), Vitamin B3: 0.21mg (1.06%)