

Baked Fudge

 Vegetarian

READY IN



70 min.

SERVINGS



24

CALORIES



188 kcal

DESSERT

Ingredients

- 1 cup butter melted
- 4 eggs beaten
- 0.5 cup flour all-purpose
- 1 cup pecans chopped
- 0.5 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 2 cups sugar white

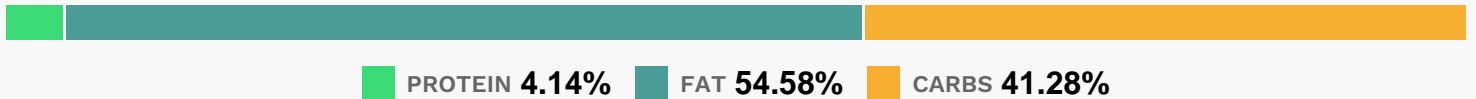
Equipment

- bowl
- oven
- baking pan
- roasting pan
- kitchen towels

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- In large bowl, sift together sugar, flour and cocoa.
- Add eggs.
- Add melted butter, vanilla and pecans.
- Pour mixture into 8x12-inch baking pan.
- Line a roasting pan with a damp kitchen towel.
- Place baking dish on towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish.
- Bake 50 to 60 minutes or until firm.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:13.1, Inflammation Score:-2, Nutrition Score:3.2595652314308%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 188.38kcal (9.42%), Fat: 11.96g (18.4%), Saturated Fat: 5.52g (34.5%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 19.19g (6.98%), Sugar: 16.93g (18.81%), Cholesterol: 47.62mg (15.87%), Sodium: 71.86mg (3.12%), Alcohol: 0.11g (100%), Alcohol %: 0.34% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.04g (4.08%), Manganese: 0.29mg (14.72%), Copper: 0.13mg (6.64%), Vitamin A: 278.51IU (5.57%), Selenium: 3.76µg (5.37%), Fiber: 1.17g (4.68%), Phosphorus: 45.35mg (4.54%), Magnesium: 16.12mg (4.03%), Vitamin B2: 0.06mg (3.72%), Vitamin B1: 0.06mg (3.68%), Iron: 0.62mg (3.47%), Zinc: 0.45mg (3.01%), Folate: 10.07µg (2.52%), Vitamin E: 0.36mg (2.42%), Vitamin B5: 0.18mg (1.78%), Potassium: 61.86mg (1.77%), Vitamin B12: 0.08µg (1.36%), Vitamin B3: 0.26mg (1.28%), Vitamin B6: 0.03mg (1.28%), Calcium: 12.44mg (1.24%)