



## BAKER'S Classic Chocolate Fudge

 Gluten Free

READY IN



130 min.

SERVINGS



24

CALORIES



195 kcal

### Ingredients

- 14 oz eagle brandâ® condensed milk sweetened canned
- 16 oz baker's semi-sweet chocolate
- 2 tsp vanilla
- 1 cup planters walnuts chopped

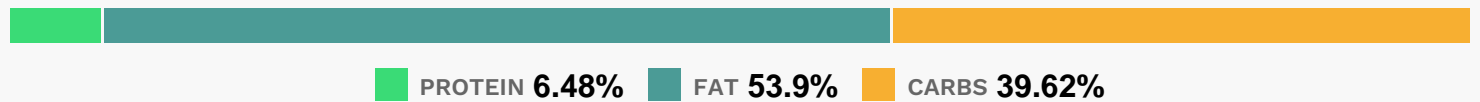
### Equipment

- bowl
- frying pan
- aluminum foil
- microwave

## Directions

- Line 8-inch square pan with foil. Microwave chocolate and milk in microwaveable bowl on HIGH 2 to 3 min. or until chocolate is almost melted, stirring after 2 min.; stir until completely melted. Stir in nuts and vanilla.
- Spread onto bottom of prepared pan.
- Refrigerate 2 hours or until firm. Use foil to lift fudge from pan before cutting into pieces.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:5.56, Inflammation Score:-2, Nutrition Score:5.1326087130153%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

## Nutrients (% of daily need)

Calories: 195.4kcal (9.77%), Fat: 11.86g (18.24%), Saturated Fat: 5.37g (33.57%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 17.78g (6.46%), Sugar: 16.11g (17.9%), Cholesterol: 6.76mg (2.25%), Sodium: 23.02mg (1%), Alcohol: 0.12g (100%), Alcohol %: 0.38% (100%), Caffeine: 16.25µg (5.42%), Protein: 3.21g (6.41%), Manganese: 0.42mg (20.93%), Copper: 0.32mg (15.81%), Magnesium: 45.31mg (11.33%), Phosphorus: 107.87mg (10.79%), Iron: 1.37mg (7.6%), Fiber: 1.84g (7.35%), Calcium: 63.5mg (6.35%), Selenium: 4.27µg (6.11%), Potassium: 190.53mg (5.44%), Zinc: 0.81mg (5.38%), Vitamin B2: 0.09mg (5.04%), Vitamin B1: 0.04mg (2.51%), Vitamin B5: 0.21mg (2.09%), Vitamin B6: 0.04mg (2.06%), Vitamin B12: 0.11µg (1.78%), Folate: 6.6µg (1.65%), Vitamin K: 1.59µg (1.52%), Vitamin B3: 0.25mg (1.25%), Vitamin E: 0.17mg (1.15%), Vitamin A: 54.58IU (1.09%)