



BAKER'S ONE BOWL Semi-Sweet Chocolate Fudge

 Gluten Free

READY IN



140 min.

SERVINGS



20

CALORIES



214 kcal

DESSERT

Ingredients

- 0.5 cup plus light
- 0.3 cup evaporated milk
- 1 cup planters pecans chopped
- 0.8 cup powdered sugar
- 16 oz baker's semi-sweet chocolate
- 2 tsp vanilla

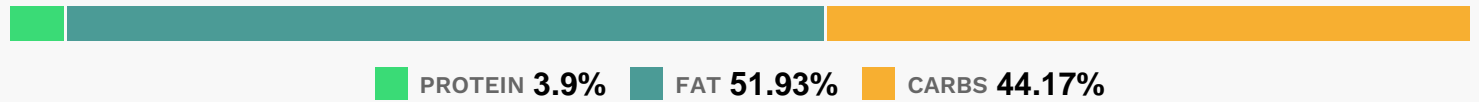
Equipment

- frying pan
- sauce pan

Directions

- Spray 8-inch square pan with cooking spray.
- Mix corn syrup and evaporated milk in large saucepan until blended.
- Add chocolate; cook on medium-low heat until chocolate is completely melted and mixture is well blended, stirring constantly.
- Remove from heat.
- Add remaining ingredients; mix well.
- Spread onto bottom of prepared pan.
- Refrigerate 2 hours or until firm.
- Let stand at room temperature 15 min. before cutting into squares to serve.

Nutrition Facts



Properties

Glycemic Index:1.45, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:4.8556521754388%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 214.03kcal (10.7%), Fat: 12.59g (19.37%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 21.8g (7.93%), Sugar: 19.95g (22.16%), Cholesterol: 2.58mg (0.86%), Sodium: 12.13mg (0.53%), Alcohol: 0.14g (100%), Alcohol %: 0.4% (100%), Caffeine: 19.5mg (6.5%), Protein: 2.13g (4.26%), Manganese: 0.52mg (26.23%), Copper: 0.34mg (17.19%), Magnesium: 47.05mg (11.76%), Fiber: 2.29g (9.16%), Iron: 1.57mg (8.72%), Phosphorus: 81.23mg (8.12%), Zinc: 0.9mg (5.97%), Potassium: 162.41mg (4.64%), Selenium: 2.28µg (3.25%),

Vitamin B1: 0.05mg (3.13%), Calcium: 29.69mg (2.97%), Vitamin B2: 0.03mg (1.89%), Vitamin K: 1.83µg (1.74%),
Vitamin E: 0.21mg (1.4%), Vitamin B5: 0.14mg (1.38%), Vitamin B3: 0.26mg (1.29%), Vitamin B6: 0.02mg (1.02%)