



Best Ever Cheese Fudge



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



96

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 2 cups butter
- ☐ 1 cup cocoa
- ☐ 64 ounce confectioners' sugar
- ☐ 2 tablespoons peanuts chopped
- ☐ 1 pound processed cheese food cubed
- ☐ 1 tablespoon vanilla extract

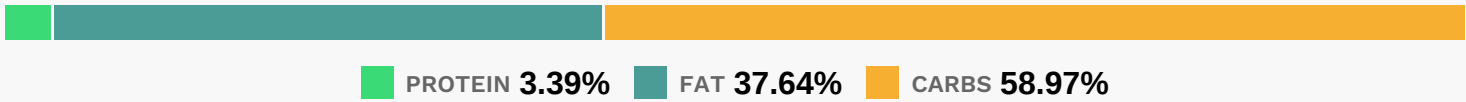
Equipment

- ☐ baking sheet

Directions

- ☐ Melt together butter and cheese.
- ☐ Mix in confectioner's sugar and cocoa into the butter mixture. Stir in vanilla and nuts.
- ☐ Spread on two big cookie sheets. Cool.
- ☐ Cut. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.95, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.2830434908038%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 128.58kcal (6.43%), Fat: 5.56g (8.56%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 19.26g (7%), Sugar: 18.63g (20.7%), Cholesterol: 14.89mg (4.96%), Sodium: 109.99mg (4.78%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 1.13g (2.25%), Calcium: 52.08mg (5.21%), Phosphorus: 38.81mg (3.88%), Vitamin A: 162.83IU (3.26%), Manganese: 0.04mg (2.14%), Copper: 0.04mg (1.97%), Selenium: 1.26µg (1.8%), Magnesium: 6.2mg (1.55%), Fiber: 0.35g (1.4%), Vitamin B12: 0.08µg (1.32%), Zinc: 0.19mg (1.26%), Vitamin B2: 0.02mg (1.11%)