



Bittersweet Chocolate and Walnut Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



35

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 2 teaspoons espresso powder instant
- ☐ 1 pound bittersweet chocolate unsweetened chopped (not)
- ☐ 3 cups sugar
- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 2 ounces baker's chocolate unsweetened chopped
- ☐ 1 tablespoon vanilla extract
- ☐ 1.5 cups walnut pieces toasted

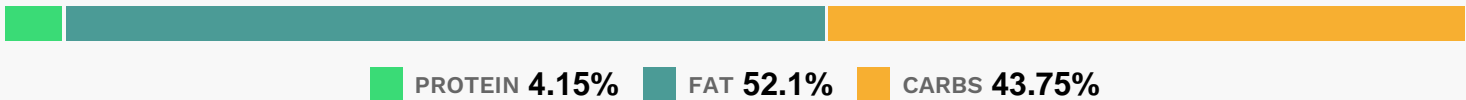
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Line 13x9x2-inch metal baking pan with foil, leaving overhang.
- ☐ Combine first 4 ingredients in large bowl.
- ☐ Stir sugar and evaporated milk in heavy large deep saucepan over medium heat until sugar dissolves and mixture comes to boil. Attach clip-on candy thermometer to side of pan. Boil until temperature registers 234°F, stirring constantly and adjusting heat to avoid boiling over, about 10 minutes. Immediately pour milk mixture over chocolate mixture.
- ☐ Whisk until chocolate and butter melt and fudge is smooth.
- ☐ Mix in nuts and vanilla.
- ☐ Spread fudge evenly in prepared pan. Refrigerate uncovered until cold and set, about 3 hours. Using foil as aid, lift fudge from pan.
- ☐ Cut crosswise into 7 strips, then lengthwise into 5 strips. Return to pan, cover, and chill. (Can be made 2 weeks ahead. Keep covered and chilled. Bring to room temperature before serving.)

Nutrition Facts



Properties

Glycemic Index:2.57, Glycemic Load:12.04, Inflammation Score:-3, Nutrition Score:4.4030435266702%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg

Nutrients (% of daily need)

Calories: 231.22kcal (11.56%), Fat: 13.82g (21.26%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 24.47g (8.9%), Sugar: 23.04g (25.6%), Cholesterol: 14.05mg (4.68%), Sodium: 12.85mg (0.56%), Alcohol: 0.13g (100%), Alcohol %: 0.31% (100%), Caffeine: 14.24mg (4.75%), Protein: 2.47g (4.95%), Manganese: 0.41mg (20.69%), Copper: 0.3mg (14.89%), Magnesium: 38.69mg (9.67%), Phosphorus: 78.62mg (7.86%), Iron: 1.28mg (7.1%), Fiber: 1.64g (6.57%), Zinc: 0.74mg (4.91%), Calcium: 41.41mg (4.14%), Potassium: 142.57mg (4.07%), Vitamin A: 152.27IU (3.05%), Vitamin B2: 0.05mg (3.03%), Selenium: 1.85µg (2.64%), Vitamin B1: 0.03mg (1.9%), Vitamin B6: 0.04mg (1.84%), Vitamin E: 0.25mg (1.64%), Folate: 6.29µg (1.57%), Vitamin K: 1.63µg (1.55%), Vitamin B5: 0.14mg (1.38%), Vitamin B3: 0.23mg (1.13%)