



Black and White Pretzel Fudge

READY IN



70 min.

SERVINGS



64

CALORIES



76 kcal

DESSERT

Ingredients

- ☐ 18 oz semi chocolate chips
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vanilla
- ☐ 2 cups pretzel twists crushed
- ☐ 2 oz chocolate white chopped

Equipment

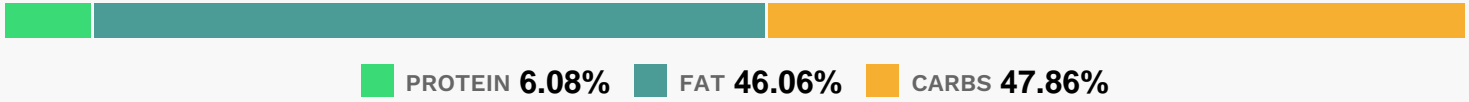
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line bottom and sides of 8-inch square pan with foil, leaving foil overhanging 2 opposite sides of pan. Spray foil with cooking spray.
- ☐ In 4-quart saucepan, melt chocolate chips, condensed milk and salt over low heat, stirring constantly, until mixture can be stirred smooth. Stir in vanilla. Stir in pretzels.
- ☐ Spread in pan (mixture will be thick).
- ☐ In small microwavable bowl, place white chocolate. Microwave uncovered on High 30 seconds or until softened; stir until chocolate can be stirred smooth.
- ☐ Drizzle over fudge. Refrigerate 1 hour or until set. Use foil to lift fudge out of pan.
- ☐ Cut into 8 rows by 8 rows.

Nutrition Facts



Properties

Glycemic Index:3.34, Glycemic Load:3.27, Inflammation Score:-1, Nutrition Score:1.8491304309472%

Nutrients (% of daily need)

Calories: 76.22kcal (3.81%), Fat: 3.92g (6.03%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 8.47g (3.08%), Sugar: 6.86g (7.63%), Cholesterol: 2.77mg (0.92%), Sodium: 35.03mg (1.52%), Alcohol: 0.03g (100%), Alcohol %: 0.25% (100%), Caffeine: 6.86mg (2.29%), Protein: 1.16g (2.33%), Manganese: 0.12mg (5.94%), Copper: 0.1mg (5.16%), Magnesium: 16.15mg (4.04%), Phosphorus: 39.69mg (3.97%), Iron: 0.58mg (3.22%), Fiber: 0.68g (2.74%), Calcium: 24.69mg (2.47%), Selenium: 1.69µg (2.41%), Vitamin B2: 0.04mg (2.16%), Potassium: 73.85mg (2.11%), Zinc: 0.29mg (1.93%)