



Boozy Caramel Fudge

 Gluten Free

READY IN



140 min.

SERVINGS



30

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2.5 tablespoons butter
- ☐ 0.3 cup rum dark
- ☐ 0.3 cup heavy cream
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 24 oz semisweet chocolate morsels
- ☐ 0.8 cup sugar
- ☐ 28 oz condensed milk sweetened canned

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

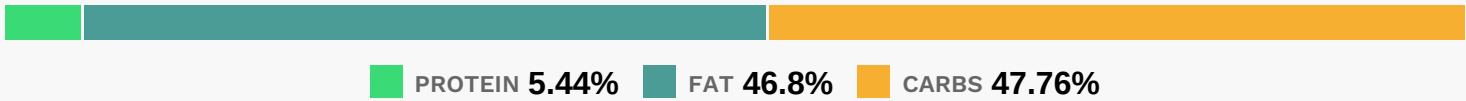
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ wax paper
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Line a 9-inch square pan with parchment paper; grease paper. Bring sugar, water, and lemon juice to a boil in a small saucepan over medium-high heat. Boil 8 to 10 minutes or until sugar begins to brown. (Do not stir.) Stir in cream and 2 Tbsp. butter; remove from heat.
- ☐ Let stand, stirring constantly, until no longer bubbling. Microwave sweetened condensed milk and semisweet chocolate morsels in a large microwave-safe bowl at HIGH 3 minutes, stirring at 1-minute intervals. Stir in rum, 2 1/2 Tbsp. butter, and salt. Immediately pour into prepared pan. Immediately pour caramel over chocolate mixture; gently swirl with a knife. Chill 2 to 4 hours.
- ☐ Cut into pieces; wrap in wax paper. Store in refrigerator up to 1 week.
- ☐ Let stand at room temperature 15 minutes before serving.
- ☐ PACKAGE IN: Mini Gingham Cupcake Liners (\$75 for 50; bakeitpretty.com)

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:12.27, Inflammation Score:-3, Nutrition Score:5.5113044070161%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 264.28kcal (13.21%), Fat: 13.67g (21.02%), Saturated Fat: 8.14g (50.86%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 29.56g (10.75%), Sugar: 27.8g (30.89%), Cholesterol: 17.86mg (5.95%), Sodium: 69.64mg (3.03%), Alcohol: 0.67g (100%), Alcohol %: 1.34% (100%), Caffeine: 19.5mg (6.5%), Protein: 3.58g (7.15%), Manganese: 0.3mg (15.14%), Copper: 0.29mg (14.42%), Phosphorus: 128.07mg (12.81%), Magnesium: 47.07mg (11.77%), Calcium: 91.61mg (9.16%), Selenium: 5.95µg (8.5%), Iron: 1.49mg (8.28%), Vitamin B2: 0.13mg (7.53%), Fiber: 1.82g (7.26%), Potassium: 230.43mg (6.58%), Zinc: 0.86mg (5.73%), Vitamin A: 173.37IU (3.47%), Vitamin B5: 0.28mg (2.76%), Vitamin B12: 0.17µg (2.75%), Vitamin B1: 0.03mg (2.13%), Vitamin K: 2.02µg (1.93%), Vitamin E: 0.25mg (1.67%), Vitamin B3: 0.25mg (1.24%), Vitamin B6: 0.02mg (1.12%), Vitamin C: 0.9mg (1.09%)