



Brigadeiro



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



20

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 14 ounce condensed milk sweetened canned
- 3 tablespoons cocoa unsweetened

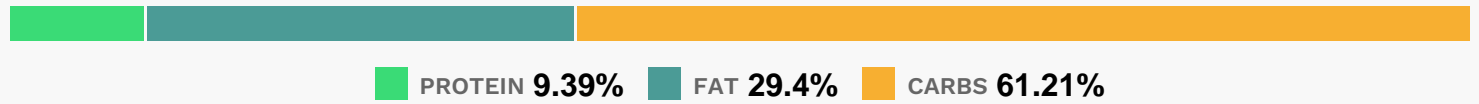
Equipment

- sauce pan

Directions

- In a medium saucepan over medium heat, combine cocoa, butter and condensed milk. Cook, stirring, until thickened, about 10 minutes.
- Remove from heat and let rest until cool enough to handle. Form into small balls and eat at once or chill until serving.

Nutrition Facts



Properties

Glycemic Index:5.55, Glycemic Load:6.59, Inflammation Score:-1, Nutrition Score:1.7556521957335%

Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 70.43kcal (3.52%), Fat: 2.4g (3.69%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 10.95g (3.98%), Sugar: 10.81g (12.01%), Cholesterol: 8.25mg (2.75%), Sodium: 29.86mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Calcium: 57.49mg (5.75%), Phosphorus: 55.88mg (5.59%), Vitamin B2: 0.08mg (4.98%), Selenium: 3.05µg (4.36%), Potassium: 85.19mg (2.43%), Magnesium: 8.92mg (2.23%), Zinc: 0.24mg (1.59%), Copper: 0.03mg (1.57%), Vitamin B5: 0.15mg (1.52%), Manganese: 0.03mg (1.5%), Vitamin B12: 0.09µg (1.48%), Vitamin A: 70.48IU (1.41%), Vitamin B1: 0.02mg (1.23%), Fiber: 0.28g (1.11%)