



Cajeta Caramel Fudge

 Gluten Free

READY IN



255 min.

SERVINGS



36

CALORIES



179 kcal

DESSERT

Ingredients

- 8 oz chocolate white coarsely chopped
- 0.8 cup from 1 bottle old el mild taco sauce (goat milk caramel spread)
- 0.5 teaspoon sea salt
- 1 cup roasted cashews salted whole
- 1.5 cups roasted cashews salted whole
- 12 oz semi chocolate chips (2 cups)
- 14 oz condensed milk sweetened canned (not evaporated)

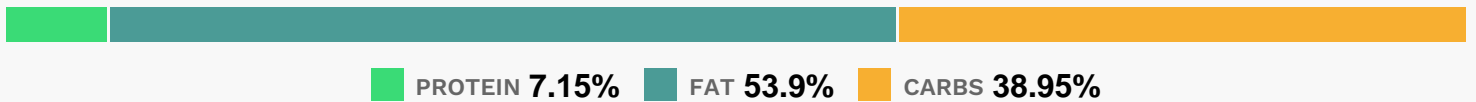
Equipment

- bowl
- frying pan
- aluminum foil
- microwave

Directions

- Line 9-inch square pan with foil. Spray lightly with cooking spray.
- In large microwavable bowl, microwave chocolate chips and condensed milk uncovered on High 1 minute; stir. Microwave 45 seconds longer; stir until smooth.
- Add 1 1/2 cups cashews.
- Spread evenly in pan. Refrigerate 1 hour.
- In medium microwavable bowl, microwave white chocolate and cajeta uncovered on High 1 minute, stir. Microwave 45 seconds longer; stir until smooth.
- Spread evenly over fudge layer.
- Sprinkle with 1 cup cashews; press gently into caramel layer.
- Sprinkle with salt. Refrigerate about 3 hours or until firm.
- Cut into 6 rows by 6 rows. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:6.26, Inflammation Score:-2, Nutrition Score:4.6691304095413%

Nutrients (% of daily need)

Calories: 179.26kcal (8.96%), Fat: 11.02g (16.95%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 16.86g (6.13%), Sugar: 13.66g (15.18%), Cholesterol: 5.64mg (1.88%), Sodium: 113.89mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.29g (6.57%), Copper: 0.33mg (16.73%), Magnesium: 46.27mg (11.57%), Phosphorus: 110.66mg (11.07%), Manganese: 0.21mg (10.5%), Iron: 1.23mg (6.82%), Zinc: 0.94mg (6.29%), Calcium: 55.14mg (5.51%), Selenium: 3.82µg (5.46%), Vitamin B2: 0.09mg (5.13%), Potassium: 170.55mg (4.87%), Vitamin K: 4.62µg (4.4%), Fiber: 1.05g (4.22%), Vitamin B5: 0.27mg (2.65%), Vitamin B1: 0.04mg (2.4%), Folate: 8.22µg (2.05%), Vitamin B6: 0.04mg (1.84%), Vitamin B12: 0.1µg (1.68%), Vitamin E:

0.22mg (1.48%), Vitamin B3: 0.29mg (1.46%)