



## Caramel Fudge Cutouts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



3124 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter divided
- ☐ 8 caramels chopped
- ☐ 0.3 cup cocoa
- ☐ 2 tablespoons plus light
- ☐ 0.8 cup skinned hazelnuts chopped
- ☐ 0.8 cup milk
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla extract

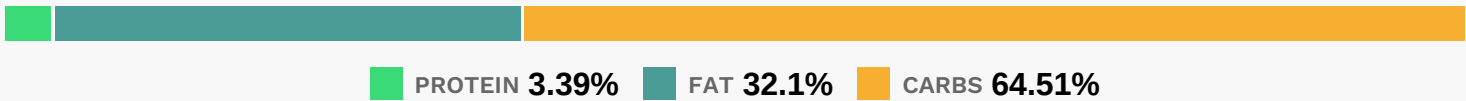
# Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ cutting board
- ☐ candy thermometer

# Directions

- ☐ Line a 9" square pan with aluminum foil, allowing foil to extend over edges of pan. Butter foil, and set aside.
- ☐ Butter insides of a heavy 3-quart saucepan.
- ☐ Combine sugar and cocoa in saucepan, stirring well. Stir in milk and corn syrup. Bring to a boil over medium-low heat, stirring gently and constantly with a wooden spoon, until sugar dissolves (6 to 8 minutes).
- ☐ Add 1/4 cup butter, stirring until butter melts. Cover and boil 3 minutes over medium heat.
- ☐ Uncover and cook, without stirring, until candy thermometer registers 238 (about 14 minutes).
- ☐ Remove from heat.
- ☐ Add remaining 2 tablespoons butter, chopped caramels, nuts, and vanilla. Do not stir.
- ☐ Let mixture cool to 130 (about 25 minutes).
- ☐ Beat fudge by hand with a wooden spoon until it thickens and begins to lose its gloss (10 minutes). Quickly spread fudge into prepared pan; let cool (about 3 hours). Lift uncut fudge out of pan with foil; discard foil, and place fudge on a cutting board.
- ☐ Cut desired shapes, using 2" cookie cutters, or cut fudge into 1 1/2" squares.

# Nutrition Facts



# Properties

Glycemic Index:257.09, Glycemic Load:329.91, Inflammation Score:-9, Nutrition Score:42.78304336382%

Flavonoids

Cyanidin: 6.04mg, Cyanidin: 6.04mg, Cyanidin: 6.04mg, Cyanidin: 6.04mg Catechin: 15.01mg, Catechin: 15.01mg, Catechin: 15.01mg, Catechin: 15.01mg Epigallocatechin: 2.5mg, Epigallocatechin: 2.5mg, Epigallocatechin: 2.5mg, Epigallocatechin: 2.5mg Epicatechin: 42.43mg, Epicatechin: 42.43mg, Epicatechin: 42.43mg, Epicatechin: 42.43mg Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 3124.08kcal (156.2%), Fat: 117.4g (180.61%), Saturated Fat: 40.31g (251.92%), Carbohydrates: 530.86g (176.95%), Net Carbohydrates: 514.18g (186.97%), Sugar: 499.52g (555.03%), Cholesterol: 149.57mg (49.86%), Sodium: 666.96mg (29%), Alcohol: 2.75g (100%), Alcohol %: 0.39% (100%), Caffeine: 49.45mg (16.48%), Protein: 27.88g (55.77%), Manganese: 6.43mg (321.65%), Copper: 2.41mg (120.64%), Vitamin E: 15.3mg (101.98%), Magnesium: 292.08mg (73.02%), Phosphorus: 708.94mg (70.89%), Fiber: 16.68g (66.74%), Vitamin B1: 0.81mg (54%), Calcium: 489.83mg (48.98%), Vitamin B2: 0.71mg (41.99%), Iron: 7.55mg (41.95%), Potassium: 1418.4mg (40.53%), Vitamin A: 1766.24IU (35.32%), Vitamin B6: 0.69mg (34.61%), Zinc: 5.06mg (33.77%), Folate: 113.48µg (28.37%), Vitamin B12: 1.32µg (22.08%), Vitamin B5: 2.12mg (21.25%), Selenium: 13.43µg (19.18%), Vitamin K: 19.28µg (18.36%), Vitamin D: 2.01µg (13.42%), Vitamin B3: 2.46mg (12.29%), Vitamin C: 5.99mg (7.26%)