



Cherries and Chocolate Fudge

 Gluten Free

READY IN



133 min.

SERVINGS



60

CALORIES



66 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 0.5 cup almonds chopped
- 0.3 cup candied cherries halved
- 0.3 cup pecan halves
- 12 ounce semi chocolate chips
- 14 ounce condensed milk sweetened canned

Equipment

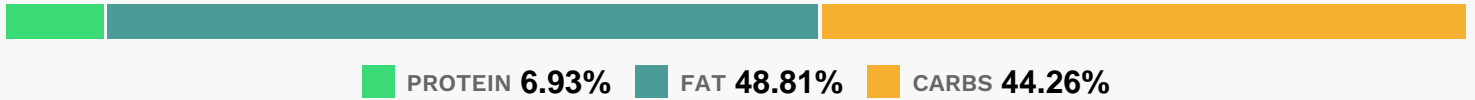
- bowl

- frying pan
- aluminum foil
- microwave

Directions

- Line an 8 x 8 inch square pan with aluminum foil.
- In a microwave-safe bowl combine sweetened condensed milk and chocolate chips; microwave on high for 1 1/2 minutes, or until chocolate is melted. Stir until smooth. Stir in chopped almonds, chopped cherries and almond extract.
- Pour into prepared pan and spread evenly.
- Place pecan halves and cherry halves on top.
- Cover and refrigerate for 2 hours, or until firm.
- Cut into 1 inch squares. Store, covered, in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:1.7969564918591%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 66.2kcal (3.31%), Fat: 3.64g (5.6%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 6.78g (2.47%), Sugar: 6.09g (6.76%), Cholesterol: 2.59mg (0.86%), Sodium: 8.99mg (0.39%), Alcohol: 0.02g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.88mg (1.63%), Protein: 1.16g (2.33%), Manganese: 0.12mg (6.07%), Copper: 0.09mg (4.45%), Magnesium: 15.42mg (3.86%), Phosphorus: 38.36mg (3.84%), Vitamin B2: 0.04mg (2.62%), Fiber: 0.65g (2.59%), Calcium: 25.8mg (2.58%), Vitamin E: 0.35mg (2.37%), Iron: 0.43mg

(2.36%), Selenium: 1.52µg (2.17%), Potassium: 67.21mg (1.92%), Zinc: 0.27mg (1.79%)