



WHATSheATE



Chocolate-Almond Fudge Squares



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



342 kcal

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.8 cup heavy cream
- ☐ 1 pinch salt
- ☐ 1 pound bittersweet chocolate chopped
- ☐ 0.5 teaspoon vanilla extract

Equipment

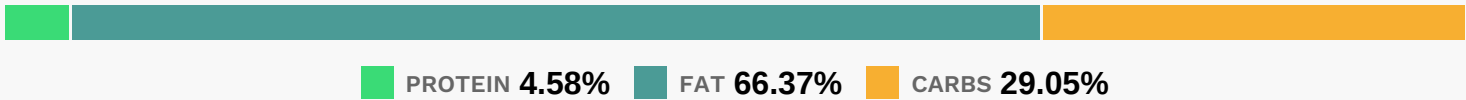
- ☐ bowl
- ☐ frying pan
- ☐ knife

- ☐ whisk
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Lightly oil an 8-inch square baking pan and line bottom with waxed paper.
- ☐ Melt 12 oz. chocolate with cream in a heatproof bowl set over a medium pan of 1 1/2 inches of simmering water, whisking until smooth (do not let bottom of bowl touch water).
- ☐ Remove pan from heat and whisk in vanilla and salt until smooth. Set aside.
- ☐ Melt remaining chocolate in another bowl set over same pan of simmering water, whisking until smooth.
- ☐ Pour plain chocolate into prepared pan and spread to coat bottom evenly. Refrigerate for about 10 minutes to set chocolate.
- ☐ Spread chocolate and cream mixture over set chocolate.
- ☐ Sprinkle evenly with almonds and gently press into chocolate.
- ☐ Let cool to room temperature, and then refrigerate, covered, until very firm, 3 to 4 hours, or overnight.
- ☐ Run a thin, sharp knife around edges of pan. Turn mixture out onto a cutting board and peel away waxed paper. Turn fudge right-side up and, with a sharp knife, cut into 64 (1-inch) squares.
- ☐ Let stand at room temperature for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:8.5295651373656%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 341.65kcal (17.08%), Fat: 25.35g (39%), Saturated Fat: 14.22g (88.84%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 20.96g (7.62%), Sugar: 17.33g (19.26%), Cholesterol: 22.89mg (7.63%), Sodium: 13.28mg (0.58%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Caffeine: 39.01mg (13%), Protein: 3.93g (7.87%), Manganese: 0.67mg (33.59%), Copper: 0.6mg (29.99%), Magnesium: 89.39mg (22.35%), Iron: 3mg (16.66%), Fiber: 4.01g (16.05%), Phosphorus: 143.05mg (14.3%), Zinc: 1.34mg (8.94%), Potassium: 296.92mg (8.48%), Vitamin E: 1.22mg (8.11%), Selenium: 4.47µg (6.39%), Vitamin A: 285.11IU (5.7%), Vitamin B2: 0.09mg (5.35%), Calcium: 48.18mg (4.82%), Vitamin K: 3.84µg (3.65%), Vitamin B3: 0.5mg (2.52%), Vitamin B5: 0.2mg (1.96%), Vitamin D: 0.29µg (1.9%), Vitamin B12: 0.11µg (1.84%), Vitamin B1: 0.02mg (1.63%), Vitamin B6: 0.03mg (1.3%)