



Chocolate Cheese Candy



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



96

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 32 ounce confectioners' sugar
- 1 cup butter
- 1 pound processed cheese food cubed
- 0.5 cup semi chocolate chips
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped

Equipment

sauce pan

baking pan

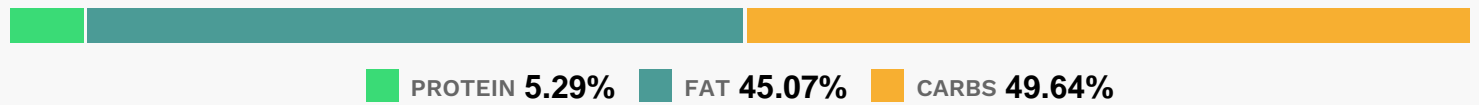
Directions

In a saucepan, combine the processed cheese, cocoa, chocolate chips and margarine. Set over medium-low heat; cook, stirring frequently, until melted and well blended.

Remove from the heat and stir in the vanilla, confectioners' sugar and walnuts.

Pour into a greased 9x13 inch baking dish. Allow to cool and then cut into small squares.

Nutrition Facts



Properties

Glycemic Index:0.49, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.2326086897241%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 81.85kcal (4.09%), Fat: 4.22g (6.5%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 10.19g (3.7%), Sugar: 9.72g (10.8%), Cholesterol: 4.78mg (1.59%), Sodium: 101.64mg (4.42%), Alcohol: 0.01g (100%), Alcohol %: 0.1% (100%), Protein: 1.12g (2.23%), Calcium: 51.94mg (5.19%), Phosphorus: 38.67mg (3.87%), Manganese: 0.05mg (2.64%), Vitamin A: 129.82IU (2.6%), Copper: 0.04mg (2.06%), Selenium: 1.18µg (1.69%), Magnesium: 6.15mg (1.54%), Zinc: 0.19mg (1.29%), Vitamin B12: 0.07µg (1.25%), Fiber: 0.28g (1.13%)