



Chocolate-Cherry Fudge Bars

 Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



4742 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 2 oz philadelphia cream cheese softened ()
- 3 eggs
- 1 cup flour
- 1.5 cups granulated sugar
- 3.9 oz jell-o chocolate flavor pudding instant
- 0.8 cup maraschino cherries with 7 tbsp. of the juice reserved, divided chopped

- 0.5 cup powdered sugar
- 1 tsp vanilla

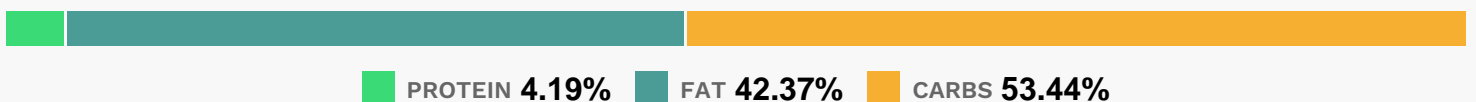
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides.
- Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add granulated sugar; mix well. Blend in eggs and vanilla.
- Add flour and pudding mix; mix well. Stir in 1/2 cup cherries and 1/3 cup of the reserved cherry juice; spread into prepared pan.
- Bake 30 to 35 min. or until wooden toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan on wire rack.
- Mix cream cheese, powdered sugar and remaining cherry juice until blended.
- Drizzle over cooled dessert; top with remaining cherries. Use foil handles to remove dessert from pan before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:222.09, Glycemic Load:279.34, Inflammation Score:-10, Nutrition Score:63.840869488923%

Flavonoids

Catechin: 72.95mg, Catechin: 72.95mg, Catechin: 72.95mg, Catechin: 72.95mg Epicatechin: 160.83mg, Epicatechin: 160.83mg, Epicatechin: 160.83mg, Epicatechin: 160.83mg

Nutrients (% of daily need)

Calories: 4742.23kcal (237.11%), Fat: 234.11g (360.17%), Saturated Fat: 140.95g (880.96%), Carbohydrates: 664.33g (221.44%), Net Carbohydrates: 632.47g (229.99%), Sugar: 506.58g (562.86%), Cholesterol: 914.34mg (304.78%), Sodium: 3081.52mg (133.98%), Alcohol: 1.44g (100%), Alcohol %: 0.15% (100%), Caffeine: 98.46mg (32.82%), Protein: 52.04g (104.09%), Manganese: 6.07mg (303.61%), Copper: 4.62mg (231.24%), Iron: 30.32mg (168.43%), Selenium: 103.94µg (148.49%), Fiber: 31.86g (127.43%), Magnesium: 480.01mg (120%), Vitamin A: 5808.66IU (116.17%), Phosphorus: 1036.66mg (103.67%), Zinc: 15.12mg (100.81%), Vitamin B2: 1.66mg (97.39%), Folate: 336.07µg (84.02%), Vitamin B1: 1.23mg (82.25%), Potassium: 1684.42mg (48.13%), Vitamin B3: 9.42mg (47.11%), Vitamin E: 6.52mg (43.45%), Calcium: 416.21mg (41.62%), Vitamin B5: 3.4mg (33.97%), Vitamin K: 29.2µg (27.81%), Vitamin B12: 1.59µg (26.48%), Vitamin B6: 0.37mg (18.51%), Vitamin D: 2.64µg (17.6%)