

Chocolate Fudge

 Vegetarian  Gluten Free

READY IN

ready

40 min.

SERVINGS

servings

64

CALORIES

calories

65 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter plus more for greasing pan
- ☐ 1 tablespoon plus
- ☐ 1 cup half-and-half
- ☐ 1 cup roasted nuts chopped
- ☐ 2.8 cups sugar
- ☐ 4 ounces chocolate unsweetened
- ☐ 1 tablespoon vanilla extract

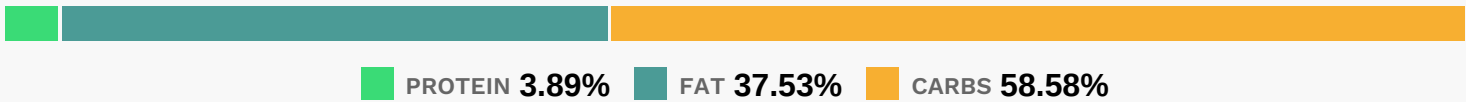
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Grease an 8 by 8-inch pan with butter. In a heavy-bottomed saucepan, combine the sugar, chocolate, 1 1/2 tablespoons of the butter, half-and-half, and corn syrup. Over medium heat, stir with a wooden spoon until sugar is dissolved and chocolate is melted. Increase heat and bring to a boil. Reduce heat to medium-low, cover, and boil for 3 minutes.
- ☐ Remove the cover and attach a candy thermometer to the pot. Cook until the thermometer reads 234 degrees F.
- ☐ Remove from the heat and add the remaining butter. Do not stir.
- ☐ Let the mixture cool for 10 minutes or until it drops to 130 degrees F.
- ☐ Add vanilla and nuts, if desired, and mix until well-blended and the shiny texture becomes matte.
- ☐ Pour into the prepared pan.
- ☐ Let sit in cool dry area until firm.
- ☐ Cut into 1-inch pieces and store in an airtight container for up to a week.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:6.05, Inflammation Score:-1, Nutrition Score:1.242173911128%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg

Nutrients (% of daily need)

Calories: 65.47kcal (3.27%), Fat: 2.92g (4.49%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 9.88g (3.59%), Sugar: 9.15g (10.16%), Cholesterol: 2.73mg (0.91%), Sodium: 7.61mg (0.33%), Alcohol: 0.07g (100%), Alcohol %: 0.51% (100%), Protein: 0.68g (1.36%), Copper: 0.11mg (5.29%), Manganese: 0.09mg (4.62%), Magnesium: 11.78mg (2.94%), Iron: 0.44mg (2.46%), Phosphorus: 21.34mg (2.13%), Zinc: 0.31mg (2.06%), Fiber: 0.36g (1.43%)