

Chocolate Fudge

 **Gluten Free**

READY IN



85 min.

SERVINGS



64

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup plus
- ☐ 1.3 cups milk
- ☐ 1 cup nuts coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 4 cups sugar
- ☐ 4 oz baker's chocolate unsweetened
- ☐ 2 teaspoons vanilla

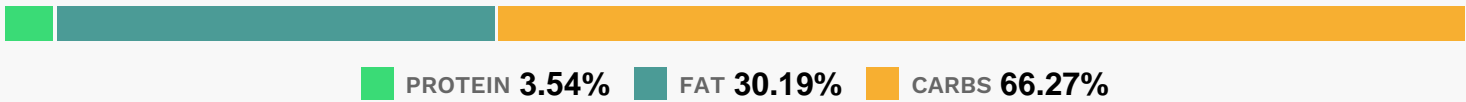
Equipment

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

Directions

- ☐ Grease bottom and sides of 8-inch square pan with butter.
- ☐ In 3-quart saucepan, cook sugar, milk, corn syrup, salt and chocolate over medium heat, stirring constantly, until chocolate is melted and sugar is dissolved. Cook, stirring occasionally, to 234F on candy thermometer or until small amount of mixture dropped into cup of very cold water forms a soft ball that flattens when removed from water; remove from heat. Stir in butter.
- ☐ Cool mixture without stirring to 120F, about 1 hour. (Bottom of saucepan will be lukewarm.)
- ☐ Add vanilla. Beat vigorously and continuously 5 to 10 minutes, using wooden spoon, until mixture is thick and no longer glossy. (
- ☐ Mixture will hold its shape when dropped from a spoon.)
- ☐ Quickly stir in nuts.
- ☐ Spread in pan.
- ☐ Let stand about 1 hour or until firm.
- ☐ Cut into 1-inch squares.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:9.12, Inflammation Score:-1, Nutrition Score:1.2982608744794%

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: 83.92kcal (4.2%), Fat: 3g (4.62%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 14.34g (5.21%), Sugar: 13.77g (15.3%), Cholesterol: 0.61mg (0.2%), Sodium: 21.03mg (0.91%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 0.79g (1.59%), Manganese: 0.12mg (5.92%), Copper: 0.09mg (4.35%), Magnesium: 11.52mg (2.88%), Phosphorus: 22.22mg (2.22%), Iron: 0.4mg (2.21%), Fiber: 0.5g (1.99%), Zinc: 0.28mg (1.89%), Potassium: 36.59mg (1.05%), Calcium: 10.2mg (1.02%)