



Chocolate Fudge

 Gluten Free

READY IN



85 min.

SERVINGS



64

CALORIES



84 kcal

DESSERT

Ingredients

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

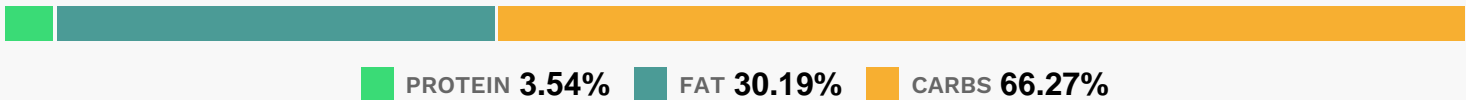
Equipment

- ☐ 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 234°F 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 120°F, 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%)