



Chocolate Nut Fudge

READY IN



115 min.

SERVINGS



8

CALORIES



493 kcal

DESSERT

Ingredients

- ☐ 0.8 cup confectioners' sugar
- ☐ 0.3 teaspoon salt
- ☐ 12 ounce semi chocolate chips
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 cups vanilla wafer crumbs crushed finely
- ☐ 0.5 cup broken walnuts

Equipment

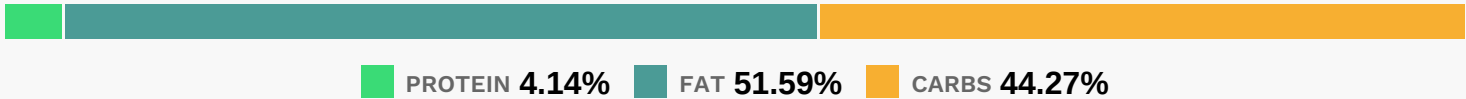
- ☐ frying pan

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Line an 8x8-inch baking pan with aluminum foil.
- ☐ Melt chocolate chips in a large, heavy pan over low heat, stirring constantly to avoid scorching, until melted and smooth, about 10 minutes. Stir sour cream, confectioners' sugar, and salt into the chocolate.
- ☐ Mix the vanilla wafer crumbs into the chocolate mixture and stir in broken walnut pieces.
- ☐ Spread fudge into the prepared pan, refrigerate until firm, and cut into squares.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:15.28, Inflammation Score:-4, Nutrition Score:9.5939130381398%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 493.31kcal (24.67%), Fat: 28.63g (44.05%), Saturated Fat: 12.84g (80.23%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 51.01g (18.55%), Sugar: 35.98g (39.98%), Cholesterol: 11.31mg (3.77%), Sodium: 192.3mg (8.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 5.16g (10.33%), Manganese: 0.82mg (40.77%), Copper: 0.65mg (32.52%), Magnesium: 87.84mg (21.96%), Fiber: 4.28g (17.11%), Iron: 2.92mg (16.21%), Phosphorus: 158.34mg (15.83%), Vitamin B1: 0.16mg (10.46%), Zinc: 1.4mg (9.34%), Potassium: 314.67mg (8.99%), Folate: 32.23µg (8.06%), Vitamin B2: 0.12mg (7.14%), Selenium: 4.53µg (6.47%), Vitamin B3: 1.17mg (5.83%), Calcium: 48.21mg (4.82%), Vitamin K: 3.47µg (3.31%), Vitamin B6: 0.06mg (2.98%), Vitamin E: 0.36mg (2.38%), Vitamin A: 112.28IU (2.25%), Vitamin B5: 0.22mg (2.18%), Vitamin B12: 0.11µg (1.78%)