



Chocolate & orange fudge squares

READY IN



40 min.

SERVINGS



15

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 200 g chocolate plain (we used Bournville)
- ☐ 200 g muscovado sugar dark
- ☐ 175 g butter for greasing
- ☐ 3 eggs separated
- ☐ 140 g flour plain
- ☐ 1 tsp vanilla extract
- ☐ 1 orange zest
- ☐ 200 g cheese light soft (I used Philadelphia Extra)
- ☐ 0.5 tsp vanilla extract

☐ 50 g icing sugar

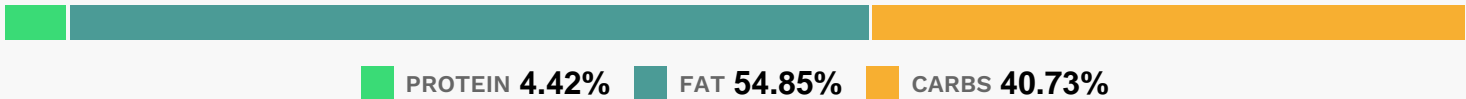
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Butter and line a traybake tin, 23 x 23cm or thereabouts.
- ☐ Put the chocolate, sugar and butter in a pan, then heat very gently for about 5 mins, stirring every min until the butter and chocolate have melted. Leave to cool for 10 mins. Beat in the egg yolks, flour, vanilla and half the orange zest.
- ☐ Put the egg whites into a large, very clean bowl, then whisk until they stand up in peaks. Stir of the whites into the chocolate mix to loosen it, then carefully fold in the rest with a metal spoon.
- ☐ Pour the mix into the tin, then bake for 25 mins or until evenly risen and just firm to the touch. Cool in the tin, then cut into squares. Can be frozen for up to 1 month.
- ☐ Beat together the cheese, vanilla, sugar and remaining zest until smooth.
- ☐ Spread over each chocolate square and serve. If youre making ahead, spread the topping over just before serving.

Nutrition Facts



Properties

Glycemic Index:12.97, Glycemic Load:8.47, Inflammation Score:-4, Nutrition Score:4.5473913472632%

Nutrients (% of daily need)

Calories: 310.09kcal (15.5%), Fat: 19.54g (30.06%), Saturated Fat: 11.66g (72.86%), Carbohydrates: 32.64g (10.88%), Net Carbohydrates: 31.57g (11.48%), Sugar: 23.68g (26.31%), Cholesterol: 71.29mg (23.76%), Sodium: 135.56mg

(5.89%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Caffeine: 8.8mg (2.93%), Protein: 3.54g (7.08%), Selenium: 7.69µg (10.99%), Vitamin A: 521.5IU (10.43%), Vitamin B2: 0.15mg (9.1%), Manganese: 0.14mg (7.15%), Phosphorus: 64.9mg (6.49%), Iron: 1.08mg (5.98%), Folate: 23.54µg (5.88%), Vitamin B1: 0.08mg (5.61%), Copper: 0.11mg (5.31%), Magnesium: 21.04mg (5.26%), Fiber: 1.07g (4.28%), Calcium: 37.7mg (3.77%), Vitamin E: 0.52mg (3.47%), Vitamin B3: 0.69mg (3.44%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.3mg (2.96%), Potassium: 101.31mg (2.89%), Vitamin B12: 0.13µg (2.12%), Vitamin B6: 0.04mg (1.98%), Vitamin K: 1.99µg (1.9%), Vitamin C: 1.09mg (1.32%), Vitamin D: 0.18µg (1.17%)