



## Chocolate PHILADELPHIA Fudge

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



21

CALORIES



173 kcal

DESSERT

### Ingredients

- 4 oz baker's chocolate unsweetened melted
- 8 oz philadelphia cream cheese softened
- 4 cups powdered sugar sifted
- 1 tsp vanilla
- 0.5 cup planters walnuts chopped

### Equipment

- bowl
- frying pan

blender

## Directions

- Beat cream cheese in large bowl with mixer until creamy. Gradually beat in sugar until blended.
- Add remaining ingredients; mix well.
- Spread onto bottom of 8-inch square pan sprayed with cooking spray.
- Refrigerate several hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:2.24, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:3.0730434581637%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 3.47mg, Catechin: 3.47mg, Catechin: 3.47mg, Catechin: 3.47mg Epicatechin: 7.66mg, Epicatechin: 7.66mg, Epicatechin: 7.66mg, Epicatechin: 7.66mg

## Nutrients (% of daily need)

Calories: 172.56kcal (8.63%), Fat: 8.36g (12.86%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 24.34g (8.85%), Sugar: 22.91g (25.45%), Cholesterol: 10.91mg (3.64%), Sodium: 35.74mg (1.55%), Alcohol: 0.07g (100%), Alcohol %: 0.21% (100%), Caffeine: 4.32mg (1.44%), Protein: 1.78g (3.57%), Manganese: 0.32mg (16.13%), Copper: 0.22mg (11.13%), Iron: 1.05mg (5.81%), Magnesium: 23.06mg (5.76%), Zinc: 0.66mg (4.42%), Fiber: 1.08g (4.33%), Phosphorus: 42.81mg (4.28%), Vitamin A: 145.6IU (2.91%), Selenium: 1.64µg (2.34%), Vitamin B2: 0.04mg (2.29%), Potassium: 72.11mg (2.06%), Calcium: 18.91mg (1.89%), Vitamin B1: 0.02mg (1.33%), Folate: 5.21µg (1.3%), Vitamin B6: 0.02mg (1.13%)