

Chocolate Sour Cream Fudge

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



742 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 0.3 cup plus light
- 0.5 cup cup heavy whipping cream sour
- 2 ounce chocolate unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 2 cups sugar white

Equipment

- frying pan
- sauce pan
- wire rack
- baking pan
- wooden spoon

Directions

- Butter an 8 inch square baking dish, and set aside. In a heavy saucepan, combine the sugar, sour cream, corn syrup and butter. Bring to a boil; cover and cook one minute. Stir until well blended.
- Remove the lid, and without stirring, heat to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- Remove from the heat, and add the chocolate and vanilla. Do not stir. Set the pan over a wire rack until the mixture cools to about 175 degrees F (80 degrees C). This should take about 15 minutes.
- Beat the fudge with a wooden spoon until it thickens and loses its gloss. Stir in walnuts, and pour into the buttered dish.
- Spread evenly, then set aside to cool.
- Cut into small squares.

Nutrition Facts



■ PROTEIN 2.43%
 ■ FAT 32.44%
 ■ CARBS 65.13%

Properties

Glycemic Index:39.77, Glycemic Load:74.16, Inflammation Score:-5, Nutrition Score:9.7347825325054%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 9.12mg, Catechin: 9.12mg,
 Catechin: 9.12mg, Catechin: 9.12mg Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin:
 20.1mg

Nutrients (% of daily need)

Calories: 742.08kcal (37.1%), Fat: 28.58g (43.97%), Saturated Fat: 11.98g (74.9%), Carbohydrates: 129.12g (43.04%), Net Carbohydrates: 125.79g (45.74%), Sugar: 123.25g (136.94%), Cholesterol: 32.01mg (10.67%), Sodium: 76.33mg (3.32%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Caffeine: 11.34mg (3.78%), Protein: 4.81g (9.63%), Manganese: 1.1mg (54.97%), Copper: 0.7mg (35.19%), Magnesium: 72.88mg (18.22%), Iron: 2.96mg (16.47%), Zinc: 2.05mg (13.7%), Fiber: 3.33g (13.33%), Phosphorus: 130.89mg (13.09%), Vitamin A: 356.97IU (7.14%), Calcium: 64.17mg (6.42%), Potassium: 223.53mg (6.39%), Vitamin B2: 0.11mg (6.28%), Vitamin B1: 0.09mg (6.25%), Selenium: 3.8µg (5.42%), Folate: 20.24µg (5.06%), Vitamin B6: 0.09mg (4.73%), Vitamin E: 0.43mg (2.87%), Vitamin K: 2.69µg (2.56%), Vitamin B5: 0.21mg (2.12%), Vitamin B3: 0.39mg (1.95%), Vitamin B12: 0.07µg (1.2%)