



## Cinnamon-Chocolate Fudge



Vegetarian



Gluten Free

READY IN



133 min.

SERVINGS



6

CALORIES



626 kcal

DESSERT

### Ingredients

- ☐ 2 cups bittersweet chocolate chips see cook's note 60 percent cacao recommended: Ghiradelli
- ☐ 6 servings butter for greasing the pan
- ☐ 2 teaspoons ground cinnamon
- ☐ 6 servings flake salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 3 tablespoons butter unsalted cut into 1/2-inch pieces, at room temperature
- ☐ 1 teaspoon vanilla extract pure

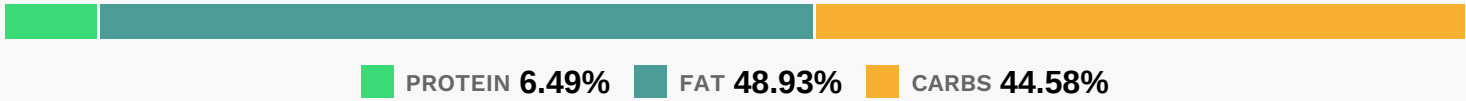
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ baking pan
- ☐ spatula
- ☐ cutting board

## Directions

- ☐ Watch how to make this recipe.
- ☐ Butter the bottom and sides of an 8 by 8-inch baking pan. Line the pan with a sheet of parchment paper, about 14-inches long and 7-inches wide, allowing the excess to overhang the sides. Set aside
- ☐ In a medium glass or stainless steel bowl, combine the condensed milk, cinnamon, and vanilla. Stir in the chocolate chips and butter.
- ☐ Put the bowl on a saucepan of barely simmering water and mix until the chocolate chips have melted and the mixture is smooth, about 6 to 8 minutes (mixture will be thick). Using a spatula, scrape the mixture into the prepared pan and smooth the top.
- ☐ Sprinkle with salt, if desired. Refrigerate for at least 2 hours until firm.
- ☐ Run a warm knife around the edge of the pan to loosen the fudge.
- ☐ Remove the fudge to a cutting board. Peel off the parchment paper and cut the fudge into 1-inch pieces. Store refrigerated in an airtight container or freeze.

## Nutrition Facts



## Properties

Glycemic Index:19.33, Glycemic Load:21.96, Inflammation Score:-4, Nutrition Score:10.933912925098%

## Nutrients (% of daily need)

Calories: 625.94kcal (31.3%), Fat: 34.34g (52.83%), Saturated Fat: 27.2g (170%), Carbohydrates: 70.39g (23.46%), Net Carbohydrates: 67.76g (24.64%), Sugar: 56.55g (62.83%), Cholesterol: 48.89mg (16.3%), Sodium: 375.05mg (16.31%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 10.25g (20.5%), Calcium: 379.42mg (37.94%), Phosphorus: 246.3mg (24.63%), Vitamin B2: 0.39mg (22.76%), Selenium: 13.05µg (18.64%), Zinc: 2.76mg (18.43%), Potassium: 631.99mg (18.06%), Fiber: 2.63g (10.54%), Manganese: 0.21mg (10.34%), Magnesium: 39.52mg (9.88%), Vitamin A: 484.46IU (9.69%), Vitamin B5: 0.96mg (9.62%), Vitamin E: 1.34mg (8.94%), Vitamin B1: 0.12mg (8.02%), Vitamin B12: 0.48µg (7.99%), Copper: 0.12mg (6.19%), Vitamin K: 6.06µg (5.78%), Vitamin B6: 0.11mg (5.67%), Iron: 0.96mg (5.33%), Folate: 20.28µg (5.07%), Vitamin B3: 0.78mg (3.9%), Vitamin C: 2.05mg (2.48%), Vitamin D: 0.24µg (1.58%)