



Cookie Fudge

READY IN



135 min.

SERVINGS



25

CALORIES



125 kcal

Ingredients

- 10 oreo cookies chopped
- 225 g baker's semi-sweet chocolate
- 300 mL condensed milk sweetened canned
- 2 tsp vanilla

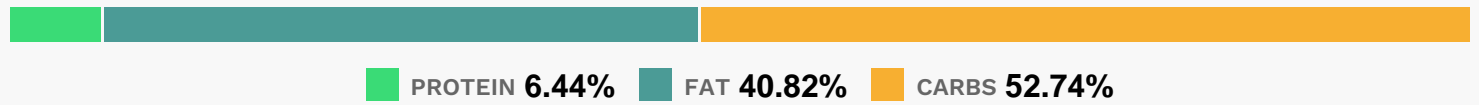
Equipment

- bowl
- frying pan
- aluminum foil
- microwave

Directions

- Line 8-inch square pan with foil, with ends of foil extending over sides. Microwave chocolate and milk in large microwaveable bowl on MEDIUM 2 to 3 min. or until chocolate is almost melted, stirring after each minute. Stir until completely melted.
- Add vanilla; mix well. Stir in chopped cookies; spread onto bottom of prepared pan.
- Refrigerate 2 hours or until firm. Use foil handles to lift fudge from pan before cutting into 1-inch squares.

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:5.15, Inflammation Score:-1, Nutrition Score:3.0360869642185%

Nutrients (% of daily need)

Calories: 125.17kcal (6.26%), Fat: 5.72g (8.79%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 15.75g (5.73%), Sugar: 13.74g (15.27%), Cholesterol: 5.82mg (1.94%), Sodium: 39.27mg (1.71%), Alcohol: 0.12g (100%), Alcohol %: 0.49% (100%), Caffeine: 7.98mg (2.66%), Protein: 2.03g (4.06%), Manganese: 0.15mg (7.67%), Phosphorus: 67.15mg (6.72%), Iron: 1.18mg (6.55%), Copper: 0.13mg (6.55%), Magnesium: 22.17mg (5.54%), Calcium: 50.7mg (5.07%), Vitamin B2: 0.08mg (4.75%), Selenium: 3.3µg (4.72%), Potassium: 120.34mg (3.44%), Fiber: 0.86g (3.44%), Zinc: 0.42mg (2.8%), Vitamin K: 2.06µg (1.96%), Vitamin B1: 0.03mg (1.76%), Vitamin B5: 0.16mg (1.58%), Vitamin B12: 0.08µg (1.41%), Vitamin E: 0.2mg (1.31%), Vitamin B3: 0.23mg (1.17%), Folate: 4.64µg (1.16%)