



Cranberry Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



382 kcal

DESSERT

Ingredients

- 0.5 cup confectioners' sugar
- 0.5 cup plus light
- 12 ounce cranberries fresh
- 0.3 cup evaporated milk
- 2 cups semi chocolate chips
- 1 teaspoon vanilla extract

Equipment

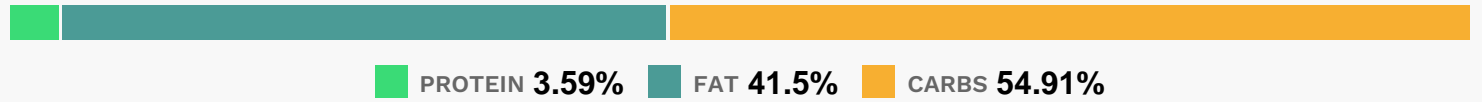
- frying pan

- sauce pan
- plastic wrap

Directions

- Line bottom and sides of an 8x8 inch pan with plastic wrap. Set aside.
- In a medium saucepan, bring cranberries and corn syrup to a boil. Boil on high for 5 to 7 minutes, stirring occasionally, until the liquid is reduced to about 3 tablespoons.
- Remove from heat.
- Immediately add chocolate chips, stirring until they are melted completely.
- Add confectioner's sugar, evaporated milk, and vanilla extract, stirring vigorously until mixture is thick and glossy.
- Pour into pan. Cover and chill until firm.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:4.72, Inflammation Score:-4, Nutrition Score:8.8247826483263%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 381.67kcal (19.08%), Fat: 17.93g (27.59%), Saturated Fat: 10.28g (64.24%), Carbohydrates: 53.4g (17.8%), Net Carbohydrates: 48.27g (17.55%), Sugar: 42.89g (47.66%), Cholesterol: 4.98mg (1.66%), Sodium: 27.11mg (1.18%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Caffeine: 38.7mg (12.9%), Protein: 3.49g (6.97%), Manganese:

0.75mg (37.56%), Copper: 0.59mg (29.38%), Magnesium: 83.91mg (20.98%), Fiber: 5.13g (20.52%), Iron: 2.96mg (16.45%), Phosphorus: 137.69mg (13.77%), Zinc: 1.39mg (9.24%), Potassium: 314.13mg (8.98%), Vitamin C: 6.1mg (7.4%), Selenium: 4.2µg (6%), Vitamin E: 0.84mg (5.6%), Calcium: 54.76mg (5.48%), Vitamin K: 5.41µg (5.16%), Vitamin B2: 0.06mg (3.37%), Vitamin B5: 0.31mg (3.11%), Vitamin B1: 0.04mg (2.39%), Vitamin B3: 0.44mg (2.19%), Vitamin B6: 0.04mg (2.18%), Vitamin B12: 0.09µg (1.56%), Vitamin A: 66.84IU (1.34%)