



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



PROTEIN 3.59% **FAT 41.5%** **CARBS 54.91%**

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%)