



Crunchy Chocolate-Ginger Fudge

READY IN



45 min.

SERVINGS



16

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 11.5 oz bittersweet chocolate chips
- ☐ 2 tablespoons candied ginger cut into thin strips
- ☐ 2 tablespoons ginger fresh chopped (a)
- ☐ 1 cup gingersnaps crushed (15 to 20 cookies, depending on size)
- ☐ 14 oz condensed milk sweetened canned

Equipment

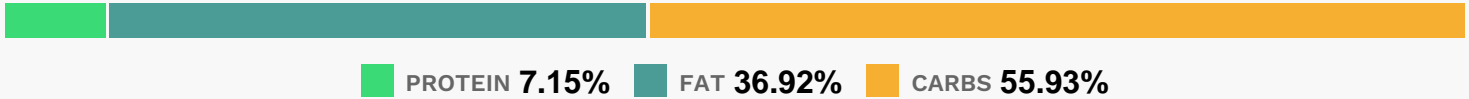
- ☐ frying pan
- ☐ sauce pan

- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Grease an 8-inch square baking pan. Line bottom of pan with a strip of aluminum foil or waxed paper long enough to hang over 2 sides of pan by about 2 inches. Grease foil or waxed paper.
- ☐ In a 2-quart saucepan, stir condensed milk, chocolate and fresh ginger over medium-low heat until chocolate has melted and mixture has thickened, about 5 minutes.
- ☐ Remove from heat and stir in crushed gingersnaps and half of candied ginger.
- ☐ Spread mixture evenly into prepared pan and sprinkle top with remaining candied ginger. Refrigerate until completely set, about 2 hours.
- ☐ Loosen foil sides from pan with a knife. Lift fudge out by grasping foil, and then transfer fudge to a cutting board.
- ☐ Cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:8.25, Inflammation Score:-1, Nutrition Score:4.4452173670997%

Nutrients (% of daily need)

Calories: 223.75kcal (11.19%), Fat: 9.25g (14.24%), Saturated Fat: 7.45g (46.54%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 30.59g (11.12%), Sugar: 22.81g (25.34%), Cholesterol: 8.64mg (2.88%), Sodium: 92.81mg (4.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Calcium: 137.77mg (13.78%), Phosphorus: 94.59mg (9.46%), Vitamin B2: 0.16mg (9.44%), Selenium: 5.1µg (7.28%), Potassium: 249.08mg (7.12%), Manganese: 0.14mg (7.09%), Zinc: 0.99mg (6.63%), Magnesium: 17.62mg (4.41%), Iron: 0.77mg (4.26%), Vitamin B1: 0.06mg (3.8%), Fiber: 0.95g (3.79%), Vitamin B5: 0.37mg (3.67%), Folate: 13.25µg (3.31%), Copper: 0.06mg (3.23%), Vitamin E: 0.43mg (2.87%), Vitamin B12: 0.17µg (2.77%), Vitamin B3: 0.5mg (2.5%), Vitamin B6: 0.05mg (2.37%), Vitamin K: 1.9µg (1.8%), Vitamin A: 68.41IU (1.37%)