



## Dark Chocolate Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



804 kcal

DESSERT

### Ingredients

- 2 tablespoons butter
- 0.3 cup plus light
- 1.5 cups half-and-half light ( cream)
- 0.5 teaspoon salt
- 8 ounces bittersweet chocolate chopped
- 3.5 cups sugar
- 4 ounces chocolate unsweetened chopped
- 2 teaspoons vanilla

- 1.5 cups walnuts

## Equipment

- frying pan
- knife
- kitchen thermometer
- aluminum foil
- spatula
- candy thermometer

## Directions

- Smoothly line an 8- or 9-inch square pan with foil. Lightly butter foil.
- In a 3- to 4-quart pan, mix half-and-half, sugar, corn syrup, and salt. Stir occasionally over high heat until simmering, about 3 minutes. With a brush dipped in water, frequently wipe off beads of syrup that form on the sides of the pan.
- Reduce heat to medium.
- Add bittersweet and unsweetened chocolate; gently stir until chocolate melts and mixture begins to simmer, 3 to 6 minutes.
- Insert a candy thermometer into mixture. Boil, occasionally stirring and washing sides of pan with wet brush, until mixture reaches 235 (or a drop of candy spooned into cold water forms a soft ball that flattens when removed from water), 30 to 40 minutes longer.
- Immediately pour fudge mixture into a 10- by 15-inch rimmed pan. Dot with 2 tablespoons butter and vanilla.
- Let stand undisturbed until a thermometer inserted in center of candy registers 115 (pan is warm to touch), 20 to 30 minutes. With a wide metal spatula, scrape mixture back and forth in pan until it becomes smooth and glossy and starts to thicken and mound but is still soft and malleable, 4 to 10 minutes.
- Add nuts and mix just enough to distribute.
- Scrape fudge into foil-lined pan.
- Let stand until firm to touch, at least 2 hours. Invert pan to release candy. Peel off foil.

With a sharp knife, cut fudge into 1-inch squares and serve. Or wrap the uncut fudge airtight and store at room temperature up to 1 week.

## Nutrition Facts



**PROTEIN 3.32%** **FAT 46.78%** **CARBS 49.9%**

### Properties

Glycemic Index:12.12, Glycemic Load:55.95, Inflammation Score:-7, Nutrition Score:14.178260834321%

### Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 8.11mg, Catechin: 8.11mg, Catechin: 8.11mg, Catechin: 8.11mg Epicatechin: 17.87mg, Epicatechin: 17.87mg, Epicatechin: 17.87mg, Epicatechin: 17.87mg

### Nutrients (% of daily need)

Calories: 804.05kcal (40.2%), Fat: 44.04g (67.76%), Saturated Fat: 19.05g (119.03%), Carbohydrates: 105.7g (35.23%), Net Carbohydrates: 100.29g (36.47%), Sugar: 94.93g (105.48%), Cholesterol: 45.73mg (15.24%), Sodium: 184.74mg (8.03%), Alcohol: 0.31g (100%), Alcohol %: 0.21% (100%), Caffeine: 31.75mg (10.58%), Protein: 7.02g (14.05%), Manganese: 1.53mg (76.53%), Copper: 1.04mg (52.04%), Magnesium: 119.45mg (29.86%), Iron: 4.41mg (24.47%), Fiber: 5.41g (21.66%), Phosphorus: 208.46mg (20.85%), Zinc: 2.63mg (17.56%), Potassium: 376.39mg (10.75%), Vitamin A: 531.3IU (10.63%), Calcium: 78.06mg (7.81%), Vitamin B1: 0.11mg (7.24%), Vitamin B2: 0.12mg (7.1%), Selenium: 4.83µg (6.89%), Vitamin B6: 0.13mg (6.42%), Folate: 24.26µg (6.07%), Vitamin E: 0.78mg (5.22%), Vitamin K: 4.64µg (4.42%), Vitamin B5: 0.31mg (3.14%), Vitamin B3: 0.62mg (3.11%), Vitamin B12: 0.13µg (2.14%), Vitamin D: 0.24µg (1.59%)