



Delicious Baked Fudge

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



450 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 2 Tablespoons cocoa powder ()
- 2 Tablespoons flour
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs whole

Equipment

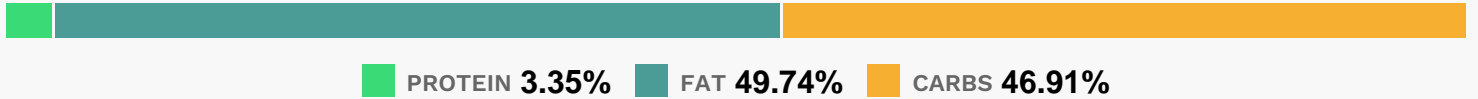
- oven

- ramekin
- baking pan
- toothpicks

Directions

- Preheat oven to 300 to 325 degrees. Beat eggs until light in color. Beat in sugar until just combined.
- Add cocoa, flour, melted butter, and vanilla extract.
- Mix gently until well combined.
- Pour batter into four large ramekins or one 8-inch square baking dish. Set ramekins or pan into a larger pan halfway full of water.
- Bake 40 to 50 minutes, or until upper crust is crispy and the rest of the batter is firm but not set. Toothpick should come out...not clean, but mixture should not be overly runny. If you pull it out of the oven and have second thoughts, stick it back in for ten more minutes.
- Serve with sweetened whipped cream or vanilla ice cream; whatever makes your skirt fly up.

Nutrition Facts



Properties

Glycemic Index:48.77, Glycemic Load:36.98, Inflammation Score:-5, Nutrition Score:4.7591304571732%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 449.64kcal (22.48%), Fat: 25.64g (39.45%), Saturated Fat: 15.48g (96.76%), Carbohydrates: 54.41g (18.14%), Net Carbohydrates: 53.38g (19.41%), Sugar: 50.18g (55.75%), Cholesterol: 142.85mg (47.62%), Sodium: 214.88mg (9.34%), Alcohol: 0.34g (100%), Alcohol %: 0.41% (100%), Caffeine: 5.75mg (1.92%), Protein: 3.89g (7.78%), Vitamin A: 827.89IU (16.56%), Selenium: 8.97µg (12.81%), Vitamin B2: 0.15mg (8.54%), Phosphorus: 72.83mg (7.28%), Manganese: 0.13mg (6.6%), Copper: 0.12mg (6.01%), Vitamin E: 0.89mg (5.96%), Iron: 0.94mg (5.21%), Folate: 18.85µg (4.71%), Magnesium: 16.63mg (4.16%), Fiber: 1.03g (4.11%), Vitamin B12: 0.24µg (4.07%),

Vitamin B5: 0.39mg (3.92%), Zinc: 0.51mg (3.41%), Vitamin D: 0.44µg (2.93%), Vitamin B1: 0.04mg (2.78%), Calcium: 23.5mg (2.35%), Potassium: 81.66mg (2.33%), Vitamin B6: 0.04mg (2.16%), Vitamin K: 2.13µg (2.02%), Vitamin B3: 0.31mg (1.54%)