

Easy Cinnamon Fudge

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



3

CALORIES



790 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 3 cups powdered sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup milk
- 0.5 cup cocoa powder unsweetened
- 1.5 teaspoons vanilla extract

Equipment

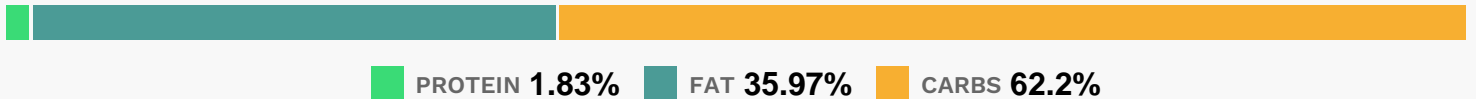
- bowl

- frying pan
- sauce pan
- baking pan
- aluminum foil

Directions

- Line an 8x8 inch baking pan with aluminum foil, allowing foil to hang over the edges. Grease the foil.
- In a medium bowl combine confectioners' sugar, cocoa and cinnamon.
- Heat butter and milk in a medium saucepan over medium heat. When butter is melted stir in vanilla.
- Remove from heat and stir in sugar mixture and walnuts.
- Pour into prepared pan. Refrigerate for 1 hour, or until firm.
- Lift foil out of pan.
- Cut fudge into 2 inch squares, and then cut in half diagonally to make triangles.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:8.5795652770802%

Flavonoids

Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 789.53kcal (39.48%), Fat: 33.3g (51.23%), Saturated Fat: 20.98g (131.14%), Carbohydrates: 129.55g (43.18%), Net Carbohydrates: 124.07g (45.12%), Sugar: 118.87g (132.08%), Cholesterol: 83.78mg (27.93%), Sodium: 256.62mg (11.16%), Alcohol: 0.69g (100%), Alcohol %: 0.45% (100%), Caffeine: 32.97mg (10.99%), Protein: 3.81g (7.62%), Manganese: 0.62mg (30.92%), Copper: 0.55mg (27.72%), Fiber: 5.48g (21.92%), Vitamin A: 979.38IU (19.59%), Magnesium: 75.16mg (18.79%), Phosphorus: 135.16mg (13.52%), Iron: 2.1mg (11.68%), Potassium: 264.24mg (7.55%), Zinc: 1.11mg (7.43%), Vitamin E: 0.91mg (6.07%), Vitamin B2: 0.1mg (5.9%), Calcium: 57.2mg (5.72%),

Selenium: 3.54µg (5.06%), Vitamin K: 3.17µg (3.02%), Vitamin B12: 0.17µg (2.9%), Vitamin B3: 0.36mg (1.81%),
Vitamin B1: 0.02mg (1.65%), Vitamin B6: 0.03mg (1.57%), Vitamin B5: 0.16mg (1.56%), Vitamin D: 0.22µg (1.49%),
Folate: 5.74µg (1.44%)