



WHATSheATE



Easy Cinnamon Fudge



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



3

CALORIES



1045 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 cups confectioners' sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup walnuts chopped

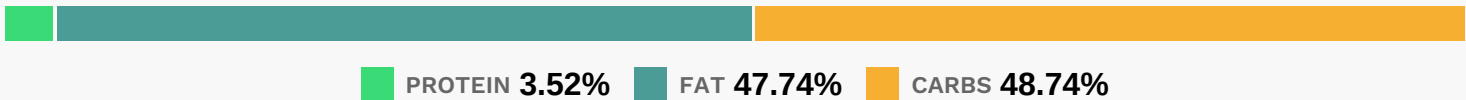
Equipment

- ☐ 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:37.67, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:17.407391086869%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg 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: 1044.59kcal (52.23%), Fat: 58.73g (90.35%), Saturated Fat: 23.37g (146.08%), Carbohydrates: 134.9g (44.97%), Net Carbohydrates: 126.8g (46.11%), Sugar: 119.89g (133.21%), Cholesterol: 83.78mg (27.93%), Sodium: 257.4mg (11.19%), Alcohol: 0.69g (100%), Alcohol %: 0.37% (100%), Caffeine: 32.97mg (10.99%), Protein: 9.74g (19.48%), Manganese: 1.95mg (97.49%), Copper: 1.17mg (58.73%), Magnesium: 136.78mg (34.19%), Fiber: 8.09g

(32.37%), Phosphorus: 270.1mg (27.01%), Vitamin A: 987.18IU (19.74%), Iron: 3.24mg (17.98%), Zinc: 2.32mg (15.46%), Potassium: 436.23mg (12.46%), Vitamin B6: 0.24mg (12.05%), Folate: 43.96µg (10.99%), Vitamin B1: 0.16mg (10.52%), Calcium: 95.42mg (9.54%), Vitamin B2: 0.16mg (9.34%), Vitamin E: 1.18mg (7.89%), Selenium: 5.46µg (7.79%), Vitamin K: 4.22µg (4.02%), Vitamin B3: 0.8mg (4%), Vitamin B5: 0.38mg (3.78%), Vitamin B12: 0.17µg (2.9%), Vitamin D: 0.22µg (1.49%)