



Easy Cinnamon Fudge

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



598 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 pound confectioners' sugar
- ☐ 0.3 teaspoon ground cinnamon mccormick®
- ☐ 0.3 cup milk
- ☐ 1 cup nuts chopped
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1.5 teaspoons vanilla extract pure mccormick®

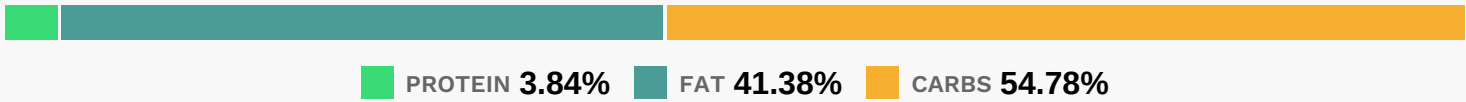
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Line an 8-inch square baking pan with foil, allowing foil to extend over sides. Butter foil.
- ☐ In bowl, mix together sugar, cocoa and cinnamon.
- ☐ In a saucepan, heat butter and milk until butter melts.
- ☐ Remove from heat; add vanilla extract.
- ☐ Combine with sugar mixture. Stir in nuts.
- ☐ Pour into prepared pan. Refrigerate at least 1 hour.
- ☐ Use foil to lift out of pan.
- ☐ Cut into 2-inch squares. Diagonally cut each square in half, making triangles.
- ☐ Garnish with nut halves, if desired.

Nutrition Facts



Properties

Glycemic Index:20.44, Glycemic Load:1.35, Inflammation Score:-6, Nutrition Score:9.0108694456842%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 597.8kcal (29.89%), Fat: 29g (44.61%), Saturated Fat: 12.15g (75.92%), Carbohydrates: 86.36g (28.79%), Net Carbohydrates: 81.5g (29.64%), Sugar: 74.69g (82.99%), Cholesterol: 41.89mg (13.96%), Sodium: 131.49mg (5.72%), Alcohol: 0.34g (100%), Alcohol %: 0.32% (100%), Caffeine: 16.48mg (5.49%), Protein: 6.05g (12.11%),

Manganese: 0.76mg (38.01%), Copper: 0.58mg (29.25%), Magnesium: 91.53mg (22.88%), Fiber: 4.86g (19.42%), Phosphorus: 171.93mg (17.19%), Iron: 1.94mg (10.79%), Vitamin A: 493.04IU (9.86%), Zinc: 1.47mg (9.79%), Potassium: 275.35mg (7.87%), Vitamin B3: 1.31mg (6.54%), Vitamin B2: 0.1mg (5.95%), Calcium: 44.72mg (4.47%), Vitamin B6: 0.09mg (4.33%), Vitamin B1: 0.06mg (4.02%), Folate: 14.87µg (3.72%), Vitamin B5: 0.37mg (3.67%), Vitamin E: 0.45mg (3.02%), Selenium: 1.86µg (2.66%), Vitamin K: 1.56µg (1.49%), Vitamin B12: 0.09µg (1.45%)