



Easy Microwave Maple Fudge

 Vegetarian  Gluten Free

READY IN



28 min.

SERVINGS



64

CALORIES



50 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 16 ounce powdered sugar
- 1 tablespoon maple extract
- 3 tablespoons milk
- 0.8 cup walnut pieces chopped

Equipment

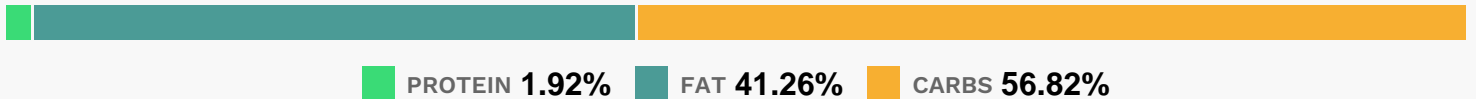
- bowl
- frying pan

- plastic wrap
- baking pan
- microwave
- spatula

Directions

- Line a baking dish with plastic wrap.
- Sift the confectioners' sugar into a large, microwave-safe bowl.
- Add the milk, maple extract, and butter to the bowl, but do not stir.
- Heat in microwave on full power for 3 minutes.
- Stir the walnuts into the fudge mixture until the fudge begins to thicken; pour into the lined baking dish. Smooth the top of the fudge with a spatula. Refrigerate until firm, about 15 minutes.
- Remove the fudge from the pan using the plastic wrap as a handle.
- Cut into small squares and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.40999999448009%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 49.67kcal (2.48%), Fat: 2.35g (3.62%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 7.2g (2.62%), Sugar: 7g (7.78%), Cholesterol: 3.9mg (1.3%), Sodium: 11.84mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Manganese: 0.05mg (2.36%), Copper: 0.02mg (1.12%)