



Easy Swirled Fudge



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 4 oz chocolate baking bar white chopped
- ☐ 0.5 cup butter
- ☐ 0.3 cup milk
- ☐ 16 oz powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 2 tablespoons whipping cream

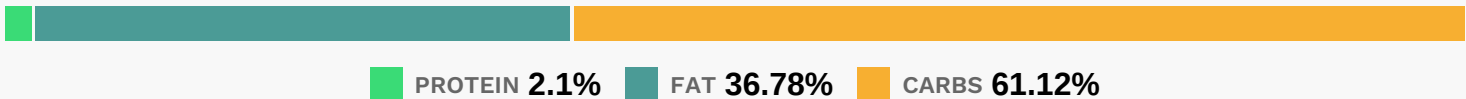
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Line bottom and sides of an 8-inch square pan with parchment paper, allowing 2 to 3 inches to extend over sides.
- ☐ Microwave butter in a large microwave-safe glass bowl at HIGH for 30-second intervals until melted. Gently stir in powdered sugar and next 3 ingredients. (
- ☐ Mixture will be lumpy.) Microwave 30 seconds; add vanilla.
- ☐ Beat mixture at medium-low speed with an electric mixer until well blended and smooth.
- ☐ Pour into prepared pan, spreading to edges of pan.
- ☐ Microwave white chocolate and whipping cream in a small microwave-safe glass bowl at HIGH until white chocolate is melted (about 30 seconds to 1 minute), stirring at 30-second intervals. Stir until mixture is smooth.
- ☐ Let stand 1 to 3 minutes or until slightly thickened. Spoon mixture over fudge in pan, swirling with a paring knife. Cover and chill until firm (about 2 hours).
- ☐ Note: We tested in an 1,100-watt and a 1,250-watt microwave oven. Cook times will vary depending on your microwave wattage; be sure to follow the descriptions in the recipe for best results.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:3.2, Inflammation Score:-2, Nutrition Score:2.1895652282173%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 230.9kcal (11.55%), Fat: 9.81g (15.09%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 35.6g (12.95%), Sugar: 34.45g (38.28%), Cholesterol: 20.6mg (6.87%), Sodium: 97.59mg (4.24%), Alcohol: 0.3g (100%), Alcohol %: 0.68% (100%), Caffeine: 6.59mg (2.2%), Protein: 1.26g (2.52%), Copper: 0.12mg (5.81%), Manganese: 0.11mg (5.7%), Vitamin A: 227.35IU (4.55%), Fiber: 1.08g (4.3%), Phosphorus: 41.48mg (4.15%), Magnesium: 16.1mg (4.02%), Vitamin B2: 0.05mg (2.75%), Calcium: 27.27mg (2.73%), Iron: 0.44mg (2.44%), Potassium: 76.91mg (2.2%), Zinc: 0.28mg (1.89%), Vitamin E: 0.27mg (1.81%), Selenium: 1.14µg (1.64%), Vitamin B12: 0.08µg (1.34%), Vitamin K: 1.37µg (1.3%)