



Eggnog Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



677 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup candied cherries red chopped
- ☐ 2 tablespoons plus light
- ☐ 1 cup eggnog refrigerated
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 cup slivered almonds toasted chopped
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

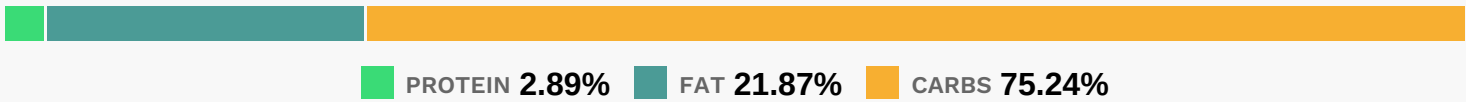
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ pastry brush
- ☐ candy thermometer

Directions

- ☐ Line an 8"X4" loafpan with aluminum foil; butter foil, and set aside.
- ☐ Combine first 4 ingredients in a 4-quart heavy saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil. Wash down crystals from sides of pan, using a pastry brush dipped in hot water. Insert a candy thermometer into eggnog mixture. Cook, stirring occasionally, until thermometer registers 23
- ☐ Remove from heat and cool, undisturbed, until temperature drops to 190 (15 to 18 minutes).
- ☐ Stir in pecans and remaining 3 ingredients; beat with a wooden spoon until fudge thickens and just begins to lose its gloss (5 to 8 minutes).
- ☐ Pour candy into prepared pan. Cool completely; cut into squares.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:74.32, Inflammation Score:-3, Nutrition Score:6.663913032283%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.16mg,

Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin:
0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:
0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 677.11kcal (33.86%), Fat: 17.02g (26.18%), Saturated Fat: 5.92g (37%), Carbohydrates: 131.74g (43.91%), Net
Carbohydrates: 130.05g (47.29%), Sugar: 123.94g (137.71%), Cholesterol: 52.51mg (17.5%), Sodium: 87.28mg
(3.79%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 5.07g (10.14%), Manganese: 0.47mg (23.51%),
Vitamin E: 2.12mg (14.13%), Vitamin B2: 0.23mg (13.46%), Phosphorus: 122.29mg (12.23%), Calcium: 109.7mg
(10.97%), Magnesium: 38.9mg (9.73%), Copper: 0.17mg (8.36%), Fiber: 1.69g (6.76%), Vitamin A: 309.62IU (6.19%),
Zinc: 0.88mg (5.85%), Vitamin B1: 0.09mg (5.82%), Selenium: 3.95µg (5.64%), Potassium: 187.45mg (5.36%),
Vitamin D: 0.76µg (5.08%), Vitamin B12: 0.3µg (4.96%), Vitamin B5: 0.36mg (3.63%), Iron: 0.6mg (3.35%), Vitamin
B6: 0.06mg (2.79%), Vitamin B3: 0.4mg (1.99%), Folate: 5.31µg (1.33%), Vitamin C: 1.03mg (1.25%)