



Eggnog Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



674 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

Equipment

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

Directions

- Line an 8"x4" loaf pan 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 pan from heat and cool sugar mixture, 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:-2, Nutrition Score:6.648695645125%

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: 674.23kcal (33.71%), Fat: 17.02g (26.18%), Saturated Fat: 5.92g (37%), Carbohydrates: 131.61g (43.87%),
Net Carbohydrates: 129.92g (47.24%), Sugar: 123.81g (137.57%), Cholesterol: 52.51mg (17.5%), Sodium: 87.19mg
(3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Manganese: 0.47mg (23.4%), Vitamin E:
2.12mg (14.13%), Vitamin B2: 0.23mg (13.4%), Phosphorus: 122.23mg (12.22%), Calcium: 109.59mg (10.96%),
Magnesium: 38.78mg (9.7%), Copper: 0.17mg (8.33%), Fiber: 1.69g (6.76%), Vitamin A: 309.62IU (6.19%), Zinc:
0.88mg (5.84%), Vitamin B1: 0.09mg (5.82%), Selenium: 3.95µg (5.64%), Potassium: 185.97mg (5.31%), Vitamin D:
0.76µg (5.08%), Vitamin B12: 0.3µg (4.96%), Vitamin B5: 0.36mg (3.63%), Iron: 0.6mg (3.34%), Vitamin B6: 0.06mg
(2.78%), Vitamin B3: 0.39mg (1.97%), Folate: 5.31µg (1.33%), Vitamin C: 1.03mg (1.25%)