

Espresso Fudge

READY IN



45 min.

SERVINGS



6

CALORIES



843 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 ounces vanilla-flavored candy coating chopped
- ☐ 15 chocolate wafers such as nabisco famous
- ☐ 5 ounce evaporated milk canned
- ☐ 0.5 cup hazelnuts chopped
- ☐ 0.3 cup espresso granules instant divided
- ☐ 7 ounce marshmallow creme
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract

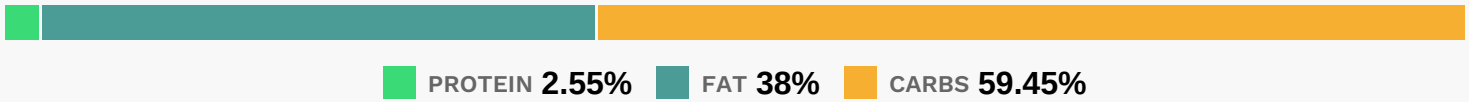
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Position knife blade in food processor bowl.
- ☐ Add cookies and 2 tablespoons espresso granules; process until mixture resembles fine crumbs. Set aside.
- ☐ Line a 13" x 9" x 2" pan with a large sheet of aluminum foil, allowing foil to extend 1" beyond ends of pan. Butter the foil and set aside.
- ☐ Combine remaining 2 tablespoons espresso granules, sugar, 1/2 cup butter, and milk in a large saucepan. Cook over low heat until sugar and espresso granules dissolve, stirring occasionally. Bring to a boil over medium heat, stirring constantly. Boil 5 minutes, stirring constantly, until mixture reaches soft ball stage or candy thermometer registers 23
- ☐ Remove from heat.
- ☐ Add candy coating and marshmallow cream, stirring until candy coating melts. Stir in hazelnuts and vanilla. Gently fold in reserved cookie crumb mixture, creating a speckled effect.
- ☐ Spread mixture into prepared pan.
- ☐ Let cool completely. Carefully lift foil out of pan.
- ☐ Cut fudge into small squares.

Nutrition Facts



Properties

Glycemic Index:22.43, Glycemic Load:40.16, Inflammation Score:-6, Nutrition Score:9.3504346933054%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 842.58kcal (42.13%), Fat: 36.23g (55.74%), Saturated Fat: 16.14g (100.9%), Carbohydrates: 127.55g (42.52%), Net Carbohydrates: 126.07g (45.84%), Sugar: 105.74g (117.49%), Cholesterol: 7.15mg (2.38%), Sodium: 305.6mg (13.29%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 311.04mg (103.68%), Protein: 5.47g (10.94%), Manganese: 0.9mg (44.78%), Vitamin B3: 3.44mg (17.21%), Magnesium: 62.8mg (15.7%), Potassium: 529.98mg (15.14%), Vitamin E: 2.23mg (14.88%), Vitamin A: 736.91IU (14.74%), Copper: 0.26mg (13.15%), Phosphorus: 131.02mg (13.1%), Calcium: 97.86mg (9.79%), Vitamin B2: 0.15mg (8.84%), Iron: 1.58mg (8.76%), Vitamin B1: 0.11mg (7.24%), Fiber: 1.48g (5.92%), Folate: 20.43µg (5.11%), Selenium: 3.18µg (4.54%), Zinc: 0.63mg (4.2%), Vitamin B6: 0.08mg (4.02%), Vitamin B5: 0.33mg (3.25%), Vitamin K: 2.11µg (2.01%), Vitamin C: 1.12mg (1.35%), Vitamin B12: 0.07µg (1.17%)