



Espresso Fudgies

READY IN



105 min.

SERVINGS



24

CALORIES



340 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons butter softened
- ☐ 24 servings general foods international suisse mocha cafe
- ☐ 3 ounces cream cheese softened
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 2 teaspoons espresso powder dry instant ()
- ☐ 0.3 cup powdered sugar

- ☐ 2 cups powdered sugar
- ☐ 2 tablespoons strong coffee decoction cold
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350F. In large bowl, beat 1/4 cup butter and the cream cheese with electric mixer on medium speed, or mix with spoon. Stir in flour, 1/4 cup powdered sugar, 2 tablespoons cocoa and the vanilla. Divide dough into 24 equal pieces. Press each piece in bottom and up side of small muffin cup, 1 3/4x1 inch, ungreased or lined with foil or paper baking cups.
- ☐ In medium bowl, mix all Espresso Fudge Filling ingredients. Spoon about 2 teaspoons filling into each cup.
- ☐ Bake 18 to 20 minutes or until almost no indentation remains when filling is touched lightly. Cool slightly; loosen from cups with tip of knife.
- ☐ Remove from pan to wire rack. Cool completely, about 1 hour.
- ☐ Meanwhile, in medium bowl, mix all Espresso Frosting ingredients until smooth and spreadable.
- ☐ Spread cooled fudgies with frosting. Top with espresso beans.

Nutrition Facts



 **PROTEIN 4.88%**  **FAT 43.04%**  **CARBS 52.08%**

Properties

Glycemic Index:7.17, Glycemic Load:6.09, Inflammation Score:-3, Nutrition Score:5.325217432059%

Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 340kcal (17%), Fat: 16.51g (25.41%), Saturated Fat: 7.5g (46.87%), Carbohydrates: 44.97g (14.99%), Net Carbohydrates: 41.27g (15.01%), Sugar: 33.74g (37.48%), Cholesterol: 15.6mg (5.2%), Sodium: 57.79mg (2.51%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Caffeine: 342.42mg (114.14%), Protein: 4.21g (8.42%), Manganese: 0.32mg (15.76%), Fiber: 3.7g (14.81%), Copper: 0.3mg (14.76%), Magnesium: 52.66mg (13.17%), Vitamin B2: 0.15mg (8.92%), Iron: 1.53mg (8.53%), Phosphorus: 78.57mg (7.86%), Selenium: 3.65µg (5.22%), Potassium: 178.17mg (5.09%), Calcium: 48.49mg (4.85%), Zinc: 0.71mg (4.72%), Vitamin A: 183.8IU (3.68%), Vitamin B1: 0.04mg (2.75%), Vitamin B3: 0.53mg (2.64%), Folate: 10.1µg (2.53%), Vitamin K: 2.49µg (2.38%), Vitamin E: 0.26mg (1.7%), Vitamin B6: 0.02mg (1.21%), Vitamin B5: 0.12mg (1.19%)