



## Espresso Fudgies

READY IN



105 min.

SERVINGS



24

CALORIES



132 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 0.3 cup butter softened
- ☐ 3 ounces cream cheese softened
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla
- ☐ 1 serving espresso grounds
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 cup cocoa powder unsweetened

- ☐ 2 teaspoons espresso powder dry instant ()
- ☐ 2 tablespoons butter softened
- ☐ 1 eggs
- ☐ 2 cups powdered sugar
- ☐ 2 tablespoons butter softened
- ☐ 2 tablespoons strong coffee decoction cold

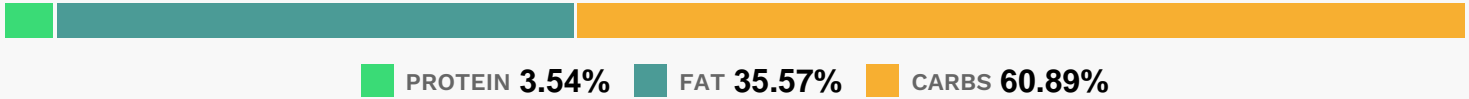
## Equipment

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

## Directions

- ☐ Heat oven to 350°F. 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



## Properties

Glycemic Index:7.17, Glycemic Load:6.09, Inflammation Score:-2, Nutrition Score:1.823478265706%

## 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: 132.4kcal (6.62%), Fat: 5.45g (8.39%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 21g (7%), Net Carbohydrates: 20.3g (7.38%), Sugar: 16.74g (18.6%), Cholesterol: 10.4mg (3.47%), Sodium: 58.8mg (2.56%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Caffeine: 6.9mg (2.3%), Protein: 1.22g (2.44%), Manganese: 0.09mg (4.6%), Vitamin A: 225.54IU (4.51%), Selenium: 2.53µg (3.62%), Copper: 0.07mg (3.5%), Fiber: 0.7g (2.81%), Vitamin B2: 0.05mg (2.69%), Iron: 0.45mg (2.53%), Phosphorus: 24.84mg (2.48%), Magnesium: 9.93mg (2.48%), Vitamin B1: 0.03mg (2.28%), Folate: 8.92µg (2.23%), Vitamin B3: 0.3mg (1.5%), Vitamin E: 0.2mg (1.33%), Zinc: 0.18mg (1.21%), Potassium: 41.91mg (1.2%)