



Espresso Fudgies

READY IN



105 min.

SERVINGS



24

CALORIES



101 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 3 ounces cream cheese softened
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose gold medal®
- ☐ 0.7 cup granulated sugar
- ☐ 2 teaspoons espresso powder dry instant ()
- ☐ 2 cups powdered sugar
- ☐ 2 tablespoons strong coffee decoction cold
- ☐ 0.3 cup cocoa powder unsweetened

☐ 0.5 teaspoon vanilla

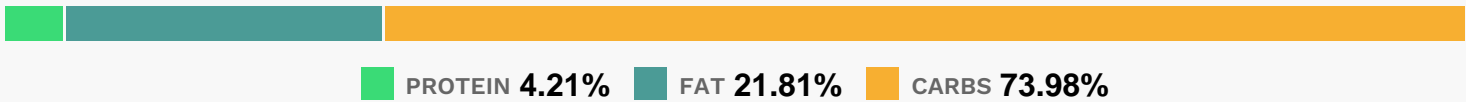
Equipment

- ☐ 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:-1, Nutrition Score:1.4804347873382%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 101.19kcal (5.06%), Fat: 2.55g (3.93%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 18.93g (6.88%), Sugar: 15.51g (17.23%), Cholesterol: 10.4mg (3.47%), Sodium: 25.38mg (1.1%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Caffeine: 5.86mg (1.95%), Protein: 1.11g (2.22%), Manganese: 0.08mg (3.79%), Selenium: 2.47µg (3.52%), Copper: 0.05mg (2.71%), Vitamin B2: 0.04mg (2.54%), Vitamin B1: 0.03mg (2.23%), Iron: 0.4mg (2.2%), Fiber: 0.55g (2.19%), Folate: 8.75µg (2.19%), Phosphorus: 20.97mg (2.1%), Vitamin A: 99.22IU (1.98%), Magnesium: 7.71mg (1.93%), Vitamin B3: 0.29mg (1.44%), Zinc: 0.15mg (1.01%)