



Five-Minute Double Chocolate Fudge

 Gluten Free

READY IN



60 min.

SERVINGS



64

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 1 oz baker's chocolate unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups nuts chopped

Equipment

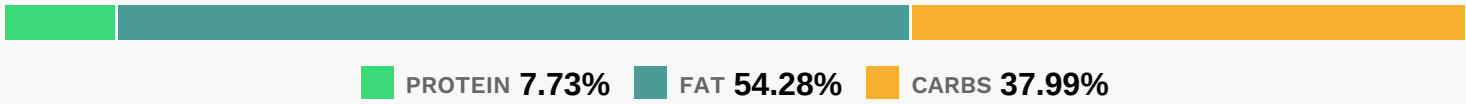
- ☐ bowl
- ☐ baking pan

☐ microwave

Directions

- ☐ Grease 8-inch square baking dish with butter.
- ☐ In 2-quart microwavable bowl, stir condensed milk and chocolate chips; add baking chocolate. Microwave uncovered on High 1 minute; stir. Microwave about 2 minutes longer or until chocolate is melted and mixture can be stirred smooth.
- ☐ Stir in vanilla and nuts.
- ☐ Spread mixture evenly in baking dish. Refrigerate until firm. For 64 (1-inch) squares, cut into 8 rows by 8 rows.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:2.22, Inflammation Score:-1, Nutrition Score:2.0652173602063%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg

Nutrients (% of daily need)

Calories: 73.13kcal (3.66%), Fat: 4.54g (6.99%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.35g (2.31%), Sugar: 5.34g (5.93%), Cholesterol: 2.43mg (0.81%), Sodium: 8.92mg (0.39%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Caffeine: 4.93mg (1.64%), Protein: 1.46g (2.91%), Manganese: 0.15mg (7.74%), Copper: 0.12mg (6.24%), Magnesium: 20.02mg (5%), Phosphorus: 45.97mg (4.6%), Fiber: 0.8g (3.21%), Iron: 0.55mg (3.05%), Zinc: 0.37mg (2.47%), Calcium: 23.72mg (2.37%), Potassium: 77.06mg (2.2%), Vitamin B2: 0.04mg (2.1%), Selenium: 1.4µg (2%), Vitamin B3: 0.22mg (1.11%), Vitamin B5: 0.1mg (1.04%)