



Foolproof Chocolate Fudge



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



600 kcal

DESSERT

Ingredients

- ☐ 3 cups semi chocolate chips
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup walnuts coarsely chopped

Equipment

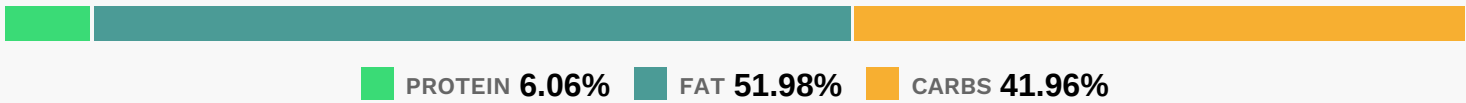
- ☐ frying pan
- ☐ sauce pan
- ☐ wax paper

cutting board

Directions

- Line one 8 or 9 inch square pan with wax paper.
- In a heavy saucepan, over low heat, melt the chocolate chips with the condensed milk.
- Remove from heat and stir in the chopped nuts and vanilla extract.
- Spread mixture evenly into the prepared pan and chill for 2 hours or until firm. Once firm, turn fudge onto cutting board, peel off waxed paper and cut into small squares.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:16.57, Inflammation Score:-6, Nutrition Score:15.362608632316%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 600.06kcal (30%), Fat: 34.94g (53.76%), Saturated Fat: 18.04g (112.77%), Carbohydrates: 63.47g (21.16%), Net Carbohydrates: 57.58g (20.94%), Sugar: 52.05g (57.84%), Cholesterol: 20.92mg (6.97%), Sodium: 69.97mg (3.04%), Alcohol: 0.26g (100%), Alcohol %: 0.26% (100%), Caffeine: 58.05mg (19.35%), Protein: 9.17g (18.33%), Manganese: 1.15mg (57.44%), Copper: 0.97mg (48.33%), Magnesium: 143.34mg (35.84%), Phosphorus: 326.36mg (32.64%), Iron: 4.57mg (25.41%), Fiber: 5.89g (23.56%), Selenium: 13.37µg (19.1%), Calcium: 190mg (19%), Potassium: 600.14mg (17.15%), Zinc: 2.48mg (16.55%), Vitamin B2: 0.25mg (14.77%), Vitamin B5: 0.62mg (6.17%), Vitamin B1: 0.09mg (6.08%), Vitamin B12: 0.34µg (5.66%), Vitamin K: 5.36µg (5.1%), Vitamin B6: 0.09mg (4.39%), Vitamin B3: 0.75mg (3.77%), Vitamin E: 0.53mg (3.53%), Vitamin A: 167.68IU (3.35%), Folate: 12.62µg (3.16%), Vitamin C: 1.38mg (1.68%)