

Fudge Filling

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



325 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon peppermint extract
- ☐ 12 oz semisweet chocolate morsels
- ☐ 14 oz condensed milk sweetened canned

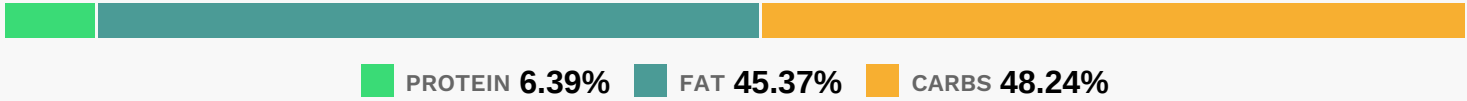
Equipment

- ☐ sauce pan

Directions

- ☐
- Combine sweetened condensed milk and chocolate morsels in a saucepan, and cook over medium-low heat, stirring constantly, 4 to 6 minutes or until chocolate is melted and smooth.
- ☐
- Remove from heat; stir in peppermint extract. Cool filling to room temperature (about 20 minutes).

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:13.17, Inflammation Score:-3, Nutrition Score:7.9469565153122%

Nutrients (% of daily need)

Calories: 324.66kcal (16.23%), Fat: 16.49g (25.36%), Saturated Fat: 9.67g (60.46%), Carbohydrates: 39.44g (13.15%), Net Carbohydrates: 36.72g (13.35%), Sugar: 34.09g (37.88%), Cholesterol: 15.54mg (5.18%), Sodium: 53.82mg (2.34%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Caffeine: 29.26mg (9.75%), Protein: 5.22g (10.44%), Manganese: 0.45mg (22.67%), Copper: 0.43mg (21.53%), Phosphorus: 188.87mg (18.89%), Magnesium: 70.21mg (17.55%), Calcium: 133.82mg (13.38%), Selenium: 8.73µg (12.47%), Iron: 2.23mg (12.36%), Fiber: 2.72g (10.89%), Vitamin B2: 0.18mg (10.7%), Potassium: 340.29mg (9.72%), Zinc: 1.27mg (8.5%), Vitamin B5: 0.4mg (4%), Vitamin B12: 0.24µg (3.93%), Vitamin B1: 0.05mg (3.11%), Vitamin K: 2.69µg (2.56%), Vitamin A: 122.98IU (2.46%), Vitamin B3: 0.37mg (1.84%), Vitamin E: 0.26mg (1.76%), Vitamin B6: 0.03mg (1.59%), Vitamin C: 1.03mg (1.25%), Folate: 4.37µg (1.09%)