

Fudge Puddles

 Popular

READY IN



45 min.

SERVINGS



48

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup milk chocolate chips
- ☐ 0.8 cup pecan halves

- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi-sweet chocolate chips
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

Equipment

- ☐ frying pan
- ☐ oven
- ☐ double boiler
- ☐ measuring cup
- ☐ mini muffin tray
- ☐ melon baller

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Sift together flour, baking soda and salt.
- ☐ Cream butter, peanut butter and white and brown sugars.
- ☐ Mix in egg and 1/2 teaspoon vanilla. Stir the flour mixture into creamed mixture. Shape the dough into 48 balls, 1 inch each.
- ☐ Place each ball in one compartment of a mini muffin tin.
- ☐ For filling, put chocolate chips in a double boiler over simmering water. Stir in milk and vanilla, mix well.
- ☐ Bake for 14 to 16 minutes or until lightly browned.
- ☐ Remove from oven and immediately make wells in the center of each using a melon baller. Cool in pan for 5 minutes. Then carefully remove to wire racks. Using a measuring cup fill each shell with the chocolate mixture. Top with a pecan half.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:6.07, Inflammation Score:-1, Nutrition Score:2.7060869653588%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 140.22kcal (7.01%), Fat: 7.72g (11.87%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 15.8g (5.75%), Sugar: 12.65g (14.05%), Cholesterol: 11.52mg (3.84%), Sodium: 80.96mg (3.52%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.14mg (1.05%), Protein: 2.1g (4.2%), Manganese: 0.18mg (9.1%), Phosphorus: 49.79mg (4.98%), Selenium: 3.15µg (4.5%), Copper: 0.08mg (4.16%), Magnesium: 16.07mg (4.02%), Vitamin B2: 0.06mg (3.82%), Calcium: 34.34mg (3.43%), Vitamin B1: 0.05mg (3.24%), Vitamin B3: 0.62mg (3.1%), Iron: 0.52mg (2.87%), Potassium: 92.1mg (2.63%), Fiber: 0.66g (2.63%), Folate: 10.04µg (2.51%), Vitamin E: 0.37mg (2.45%), Zinc: 0.35mg (2.34%), Vitamin A: 88.81IU (1.78%), Vitamin B5: 0.15mg (1.49%), Vitamin B6: 0.02mg (1.23%)