



Fudge-Topped Shortbread

READY IN



35 min.

SERVINGS



48

CALORIES



124 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.5 cup powdered sugar
- 0.3 teaspoon salt
- 1.3 cups flour all-purpose
- 14 ounces condensed milk sweetened canned
- 2 cups semi chocolate chips
- 0.5 teaspoon almond extract
- 0.3 cup almonds toasted sliced

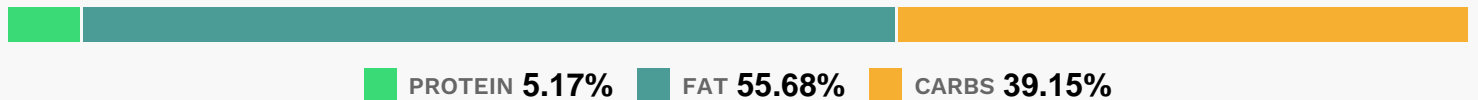
Equipment

- bowl
- oven
- baking pan
- microwave

Directions

- Preheat oven to 350°. In a bowl, cream butter, confectioners' sugar and salt until light and fluffy, 3–4 minutes. Gradually beat in flour.
- Spread into a greased 13x9-in. baking pan.
- Bake until lightly browned, 16–20 minutes.
- In a microwave-safe bowl, combine condensed milk and chocolate chips. Microwave, uncovered, on high until chips are melted, 30–60 seconds; stir until smooth. Stir in extract.
- Spread over the shortbread.
- Sprinkle with almonds and press down. Refrigerate until firm.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:4.08, Glycemic Load:4.55, Inflammation Score:-2, Nutrition Score:2.5460869728223%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 124.41kcal (6.22%), Fat: 7.78g (11.97%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 11.54g (4.2%), Sugar: 8.52g (9.47%), Cholesterol: 13.43mg (4.48%), Sodium: 53.87mg (2.34%),

Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.63g (3.25%), Manganese: 0.14mg (6.84%), Copper: 0.11mg (5.31%), Phosphorus: 48.15mg (4.81%), Magnesium: 17.89mg (4.47%), Selenium: 3.04µg (4.34%), Vitamin B2: 0.06mg (3.72%), Iron: 0.67mg (3.7%), Calcium: 31.5mg (3.15%), Fiber: 0.77g (3.07%), Vitamin A: 144.02IU (2.88%), Vitamin B1: 0.04mg (2.46%), Potassium: 82.59mg (2.36%), Vitamin E: 0.33mg (2.22%), Zinc: 0.32mg (2.16%), Folate: 7.29µg (1.82%), Vitamin B3: 0.3mg (1.49%), Vitamin B5: 0.11mg (1.07%)