



## Gaye's Microwave Fudge

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



284 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 4 cups powdered sugar
- 0.3 cup milk
- 0.5 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract

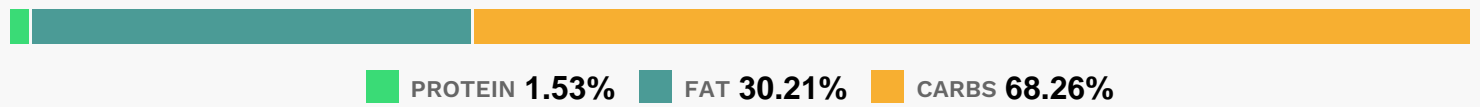
### Equipment

- bowl
- microwave

## Directions

- Grease a 9x9 inch dish.
- In a microwave safe bowl, stir together confectioners' sugar and cocoa.
- Pour milk over mixture and place butter in bowl. Do not mix. Microwave until butter is melted, 2 minutes. Stir in vanilla and stir vigorously until smooth.
- Pour into prepared dish.
- Chill in freezer 10 minutes before cutting into squares.

## Nutrition Facts



## Properties

Glycemic Index:8.8, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:2.5330434985783%

## Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 283.87kcal (14.19%), Fat: 9.99g (15.37%), Saturated Fat: 6.29g (39.34%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 49.2g (17.89%), Sugar: 47.42g (52.69%), Cholesterol: 25.13mg (8.38%), Sodium: 77.23mg (3.36%), Alcohol: 0.28g (100%), Alcohol %: 0.49% (100%), Caffeine: 9.89mg (3.3%), Protein: 1.14g (2.28%), Manganese: 0.17mg (8.45%), Copper: 0.17mg (8.35%), Fiber: 1.59g (6.36%), Vitamin A: 293.52IU (5.87%), Magnesium: 22.51mg (5.63%), Phosphorus: 40.49mg (4.05%), Iron: 0.63mg (3.5%), Potassium: 79.38mg (2.27%), Zinc: 0.33mg (2.22%), Vitamin B2: 0.03mg (1.91%), Vitamin E: 0.27mg (1.8%), Calcium: 16.3mg (1.63%), Selenium: 1.13µg (1.62%)