



Grace's No-Bake Fudge Squares

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



221 kcal

DESSERT

Ingredients

- 3 tablespoons baking cocoa
- 0.5 cup brown sugar packed
- 0.3 cup butter
- 0.5 cup butter
- 1 eggs beaten
- 2 cups graham cracker crumbs
- 0.5 cup nuts chopped
- 1 cups powdered sugar

- 0.5 cup coconut or sweetened flaked
- 0.5 teaspoon vanilla extract
- 3 tablespoons water

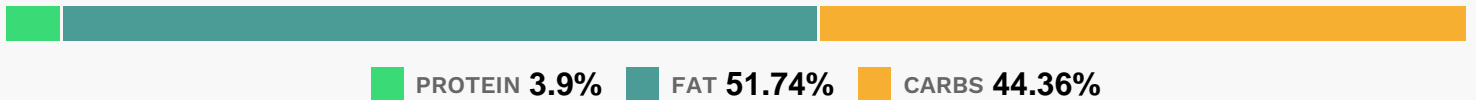
Equipment

- sauce pan
- baking pan

Directions

- Combine brown sugar, egg, and butter in a saucepan over low heat; bring to a boil and cook one minute.
- Remove from heat and quickly stir in cracker crumbs, coconut, and nuts. Immediately press into a greased 8"x8" baking pan. Chill until firm.
- Spread with Buttery Cocoa Frosting; chill again until firm.
- Cut into squares.
- Melt butter in a saucepan over low heat. Stir in water, vanilla, cocoa and enough powdered sugar to reach desired spreading consistency.

Nutrition Facts



Properties

Glycemic Index:12.73, Glycemic Load:5.88, Inflammation Score:-3, Nutrition Score:3.0078260725283%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 221.39kcal (11.07%), Fat: 13.13g (20.2%), Saturated Fat: 6.81g (42.54%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 23.96g (8.71%), Sugar: 17.44g (19.38%), Cholesterol: 33.11mg (11.04%), Sodium: 152.05mg (6.61%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 2.22g (4.45%), Manganese: 0.15mg (7.72%),

Magnesium: 23.56mg (5.89%), Phosphorus: 58.6mg (5.86%), Vitamin A: 281.43IU (5.63%), Copper: 0.11mg (5.52%), Fiber: 1.37g (5.49%), Iron: 0.87mg (4.86%), Zinc: 0.51mg (3.37%), Vitamin B3: 0.66mg (3.31%), Vitamin B2: 0.05mg (3.21%), Potassium: 85.12mg (2.43%), Vitamin B1: 0.04mg (2.38%), Selenium: 1.64µg (2.34%), Folate: 9.14µg (2.29%), Calcium: 22.91mg (2.29%), Vitamin E: 0.28mg (1.84%), Vitamin B6: 0.03mg (1.68%), Vitamin B5: 0.12mg (1.23%)