



Graham Cracker Fudge

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



193 kcal

Ingredients

- ☐ 2 sqs. baking chocolate unsweetened
- ☐ 1.8 cups graham crackers crushed finely
- ☐ 1.5 cups pecans divided chopped
- ☐ 14 oz condensed milk sweetened canned
- ☐ 0.5 teaspoon vanilla extract

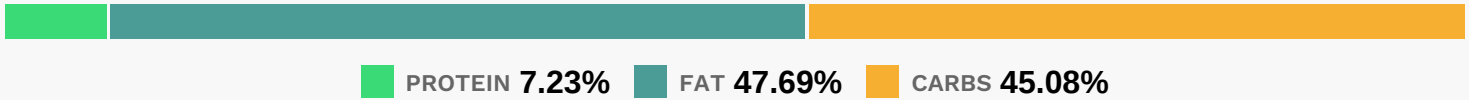
Equipment

- ☐ knife
- ☐ double boiler
- ☐ baking pan

Directions

- ☐ Melt chocolate in a double boiler over hot water.
- ☐ Add condensed milk and cook, stirring constantly, about 5 minutes or until mixture thickens.
- ☐ Add vanilla, graham cracker crumbs and one cup nuts; mix well.
- ☐ Sprinkle 1/4 cup of remaining nuts in the bottom of a buttered 8"x8" baking pan. Use a knife that has been dipped in hot water to spread chocolate mixture in pan. Press remaining 1/4 cup nuts into top. Cover and chill overnight.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:13.58, Inflammation Score:-2, Nutrition Score:4.9382608830929%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 192.96kcal (9.65%), Fat: 10.57g (16.25%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 21.13g (7.68%), Sugar: 16.18g (17.98%), Cholesterol: 8.43mg (2.81%), Sodium: 96.42mg (4.19%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 3.6g (7.21%), Manganese: 0.47mg (23.34%), Phosphorus: 111.46mg (11.15%), Calcium: 85.52mg (8.55%), Vitamin B2: 0.14mg (8.26%), Vitamin B1: 0.11mg (7.49%), Copper: 0.13mg (6.67%), Magnesium: 25.05mg (6.26%), Zinc: 0.9mg (5.99%), Selenium: 4.07µg (5.81%), Fiber: 1.34g (5.35%), Potassium: 152.57mg (4.36%), Iron: 0.73mg (4.08%), Vitamin B5: 0.27mg (2.74%), Vitamin B3: 0.55mg (2.73%), Folate: 9.54µg (2.38%), Vitamin B6: 0.04mg (2.2%), Vitamin B12: 0.11µg (1.82%), Vitamin A: 71.95IU (1.44%), Vitamin E: 0.18mg (1.22%)