



Halloween Fudge

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



509 kcal

DESSERT

Ingredients

- 12 oz baker's chocolate white melted
- 8 oz philadelphia cream cheese softened
- 1 cup planters pecans toasted chopped
- 16 oz powdered sugar (4 cups)
- 4 drops food coloring red
- 1.5 tsp vanilla
- 8 drops food coloring yellow

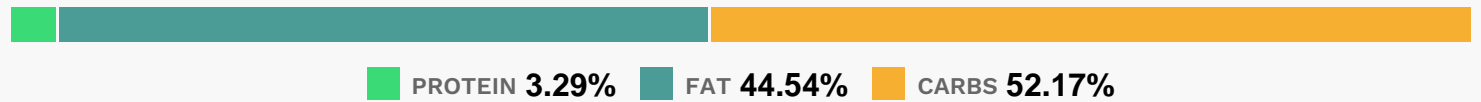
Equipment

- bowl
- frying pan
- hand mixer
- aluminum foil

Directions

- Beat cream cheese in large bowl with electric mixer on medium speed until creamy. Gradually add sugar, beating until well blended after each addition.
- Add white chocolate, pecans, vanilla and food colorings; mix well.
- Spread into foil-lined 8-inch square pan.
- Refrigerate 1 hour or until firm.
- Cut into 48 squares.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:14.43, Inflammation Score:-2, Nutrition Score:5.3652174459851%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg 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: 509.41kcal (25.47%), Fat: 25.85g (39.77%), Saturated Fat: 11.79g (73.71%), Carbohydrates: 68.12g (22.71%), Net Carbohydrates: 67.1g (24.4%), Sugar: 65.76g (73.06%), Cholesterol: 30.05mg (10.02%), Sodium: 102.8mg (4.47%), Alcohol: 0.22g (100%), Alcohol %: 0.24% (100%), Protein: 4.3g (8.6%), Manganese: 0.45mg (22.7%), Phosphorus: 111.6mg (11.16%), Vitamin B2: 0.17mg (10.01%), Calcium: 97.15mg (9.72%), Copper: 0.15mg (7.35%), Vitamin A: 320.34IU (6.41%), Vitamin B1: 0.09mg (6.14%), Selenium: 4.13µg (5.9%), Zinc: 0.82mg (5.46%), Potassium: 169.66mg (4.85%), Magnesium: 18.18mg (4.54%), Vitamin E: 0.66mg (4.4%), Vitamin B5: 0.42mg (4.22%), Fiber: 1.02g (4.07%), Vitamin B12: 0.24µg (4.01%), Vitamin K: 3.92µg (3.73%), Vitamin B6: 0.05mg (2.64%), Iron: 0.38mg

(2.14%), Vitamin B3: 0.39mg (1.96%), Folate: 6.6µg (1.65%)