



Holiday Candy Fudge Bars

READY IN



45 min.

SERVINGS



36

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 cup butter melted
- ☐ 1.5 cups candy-coated chocolate pieces green red divided
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 2 cups quick-cooking oats uncooked
- ☐ 0.3 teaspoon salt
- ☐ 14 ounce condensed milk sweetened canned

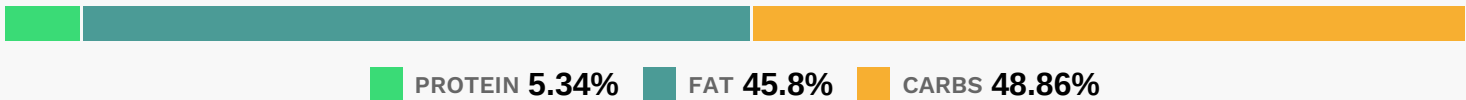
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Combine first 6 ingredients, stirring well.
- ☐ Add butter, and stir or beat at low speed with an electric mixer until mixture is crumbly. Reserve 1 1/2 cups crumb mixture; press remaining crumb mixture into a lightly greased 13" x 9" pan.
- ☐ Bake at 375 for 10 minutes. Cool on a wire rack. Reduce oven temperature to 35
- ☐ Place 1 cup chocolate pieces in a microwave-safe bowl; microwave at HIGH 1 to 1 1/2 minutes, stirring after 30 seconds. Press chocolate pieces with the back of a spoon to mash them. (The candies will almost be melted with pieces of color coating still visible.) Stir in condensed milk.
- ☐ Spread mixture evenly over crust in pan, leaving a 1/2" border on all sides.
- ☐ Combine reserved 1 1/2 cups crumb mixture and remaining 1/2 cup chocolate pieces; sprinkle evenly over chocolate mixture, and press lightly.
- ☐ Bake at 350 for 25 to 28 minutes or until golden; cool in pan on wire rack.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:5.86, Glycemic Load:8.27, Inflammation Score:-3, Nutrition Score:3.8347826159519%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 204.05kcal (10.2%), Fat: 10.6g (16.31%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 24.35g (8.86%), Sugar: 17.54g (19.49%), Cholesterol: 5.05mg (1.68%), Sodium: 127.86mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Manganese: 0.37mg (18.5%), Selenium: 5.12µg (7.31%), Phosphorus: 64.23mg (6.42%), Vitamin B1: 0.1mg (6.38%), Vitamin A: 276.09IU (5.52%), Calcium: 53.36mg (5.34%), Magnesium: 20.58mg (5.14%), Vitamin B2: 0.08mg (4.9%), Fiber: 1.09g (4.35%), Iron: 0.7mg (3.88%), Copper: 0.06mg (3.25%), Folate: 12.98µg (3.24%), Zinc: 0.42mg (2.82%), Potassium: 85.79mg (2.45%), Vitamin B3: 0.41mg (2.06%), Vitamin E: 0.29mg (1.93%), Vitamin B5: 0.18mg (1.77%), Vitamin B6: 0.02mg (1.09%)