



Mama's Fudge

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



103 kcal

DESSERT

Ingredients

- 3 tablespoons butter
- 1 tablespoon plus
- 0.7 cup milk
- 0.3 teaspoon salt
- 2 cups sugar
- 0.3 cup cocoa unsweetened
- 1 teaspoon vanilla extract

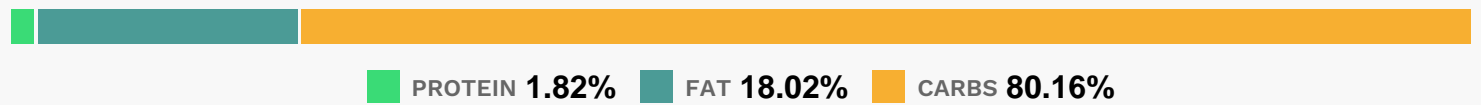
Equipment

- frying pan
- sauce pan
- hand mixer
- candy thermometer

Directions

- Stir together sugar, milk, cocoa, corn syrup, and salt in a 2-quart saucepan. Bring mixture to a boil over medium-high heat, and cook until a candy thermometer registers 24
- Remove mixture from heat; add butter, and let melt. (Do not stir.)
- Let cool 10 to 15 minutes or until pan is cool to the touch. Stir in vanilla.
- Beat mixture with an electric mixer at medium-low speed 2 to 3 minutes or until mixture begins to lose its gloss. Working quickly, pour fudge onto a buttered 11- x 7-inch platter.
- Let cool 15 minutes.
- Cut into 1-inch pieces.

Nutrition Facts



Properties

Glycemic Index:8.85, Glycemic Load:14.27, Inflammation Score:-1, Nutrition Score:0.83478260914917%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 103.08kcal (5.15%), Fat: 2.18g (3.35%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 21.4g (7.78%), Sugar: 21.24g (23.6%), Cholesterol: 5.49mg (1.83%), Sodium: 46.79mg (2.03%), Alcohol: 0.07g (100%), Alcohol %: 0.27% (100%), Protein: 0.5g (0.99%), Manganese: 0.04mg (2.15%), Copper: 0.04mg (2.12%), Phosphorus: 16.62mg (1.66%), Magnesium: 6.42mg (1.6%), Fiber: 0.4g (1.59%), Vitamin A: 65.65IU (1.31%), Calcium: 12.27mg (1.23%), Vitamin B2: 0.02mg (1.09%)