



Marian's Fudge

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



208 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 1 cup milk
- 1 pinch salt
- 2 ounce baking chocolate unsweetened
- 1 teaspoon vanilla extract
- 2 cups sugar white

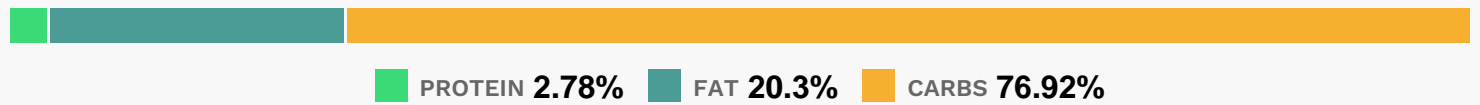
Equipment

- sauce pan

Directions

- Butter a 9x9 inch dish.
- In a medium saucepan over medium heat, combine chocolate, butter and milk. Bring to a boil and let boil 1 minute. Stir in sugar and salt until dissolved.
- Heat, stirring constantly, to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- Remove from heat and stir in vanilla.
- Let cool 10 minutes.
- Beat fudge with a spoon until it loses its gloss.
- Pour quickly into the buttered dish. Refrigerate 30 minutes, until firm.

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:28.36, Inflammation Score:-1, Nutrition Score:2.8991304052913%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

Nutrients (% of daily need)

Calories: 208.24kcal (10.41%), Fat: 5.01g (7.71%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 41.78g (15.19%), Sugar: 41.2g (45.77%), Cholesterol: 5.94mg (1.98%), Sodium: 23.95mg (1.04%), Alcohol: 0.14g (100%), Alcohol %: 0.24% (100%), Caffeine: 4.54mg (1.51%), Protein: 1.54g (3.09%), Manganese: 0.24mg (11.99%), Copper: 0.19mg (9.33%), Iron: 1.01mg (5.6%), Magnesium: 21.54mg (5.39%), Phosphorus: 47.68mg (4.77%), Zinc: 0.65mg (4.35%), Fiber: 0.94g (3.76%), Calcium: 36.52mg (3.65%), Vitamin B2: 0.05mg (2.81%), Potassium: 85.39mg (2.44%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.27µg (1.79%), Selenium: 1.18µg (1.68%), Vitamin A: 74.51IU (1.49%), Vitamin B1: 0.02mg (1.47%), Vitamin B5: 0.1mg (1.02%)