



Merry Cherry Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



881 kcal

DESSERT

Ingredients

- 6 ounce bittersweet chocolate chopped
- 1 teaspoon maraschino cherry juice
- 36 maraschino cherries with stems
- 1 cup pecans chopped
- 12 ounce semisweet chocolate morsels
- 14 ounce condensed milk sweetened canned

Equipment

- frying pan

paper towels

sauce pan

Directions

- Lightly coat an 8" square pan with cooking spray. Set aside. Blot cherries dry with paper towels.
- Combine chocolates in a heavy saucepan; place over very low heat, and stir constantly until melted and smooth.
- Remove from heat, and stir in sweetened condensed milk and cherry juice. Stir in pecans. Spoon mixture into prepared pan. Immediately press cherries into fudge, leaving top of each cherry and stem exposed. Cover and chill fudge 2 hours or until firm.
- Cut fudge into 36 squares. Store in an airtight container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:22.03, Inflammation Score:-7, Nutrition Score:22.313912956611%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Nutrients (% of daily need)

Calories: 881.16kcal (44.06%), Fat: 51.48g (79.2%), Saturated Fat: 23.5g (146.9%), Carbohydrates: 96.04g (32.01%), Net Carbohydrates: 86.5g (31.46%), Sugar: 79.89g (88.76%), Cholesterol: 27.59mg (9.2%), Sodium: 93.75mg (4.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 73.14mg (24.38%), Protein: 12.17g (24.34%), Manganese: 1.95mg (97.6%), Copper: 1.33mg (66.67%), Magnesium: 190.1mg (47.52%), Phosphorus: 439.73mg (43.97%), Fiber: 9.53g (38.14%), Iron: 6.09mg (33.85%), Calcium: 269.95mg (27%), Selenium: 17.69µg (25.27%), Zinc: 3.78mg (25.19%), Potassium: 808.59mg (23.1%), Vitamin B2: 0.34mg (20.03%), Vitamin B1: 0.21mg (13.78%), Vitamin B5: 0.92mg (9.25%), Vitamin B12: 0.44µg (7.4%), Vitamin K: 7.62µg (7.26%), Vitamin E: 0.88mg (5.85%), Vitamin B3: 1.07mg (5.33%), Vitamin B6: 0.1mg (5.12%), Vitamin A: 243.18IU (4.86%), Folate: 11.27µg (2.82%), Vitamin

C: 1.92mg (2.33%)