



Microwave Chocolate Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter cut into pieces
- ☐ 3 cups milk chocolate chips
- ☐ 14 ounce condensed milk sweetened canned

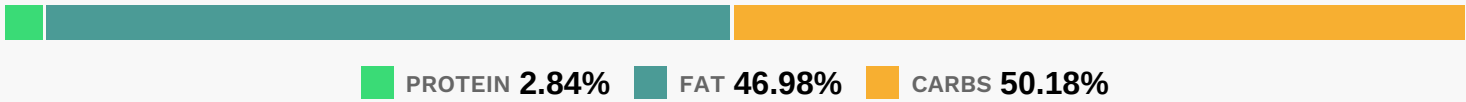
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Combine all ingredients in a 2-quart glass bowl. Microwave chocolate mixture at MEDIUM (50% power) 5 minutes, stirring at 1 1/2-minute intervals.
- ☐ Pour into a greased 8-inch square dish. Cover and chill 8 hours; cut into 1 1/2-inch squares. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:0.95565217190787%

Nutrients (% of daily need)

Calories: 121.72kcal (6.09%), Fat: 6.51g (10.02%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 15.66g (5.69%), Sugar: 14.57g (16.19%), Cholesterol: 3.75mg (1.25%), Sodium: 28.87mg (1.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Calcium: 42.5mg (4.25%), Phosphorus: 28.26mg (2.83%), Vitamin B2: 0.05mg (2.73%), Potassium: 84.42mg (2.41%), Selenium: 1.63µg (2.33%), Vitamin A: 85.82IU (1.72%)