



## Mint Chocolate Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



954 kcal

DESSERT

### Ingredients

- 1 cup confectioners' coating white
- 1 tablespoon peppermint extract
- 2 cups semi chocolate chips
- 14 ounce condensed milk sweetened divided canned
- 2 teaspoons vanilla extract




### Equipment

- frying pan
- sauce pan

## Directions

- Line an 8 or 9 inch square pan with waxed paper.
- In heavy saucepan over low heat, melt chocolate chips with 1 cup sweetened condensed milk and vanilla.
- Spread half of the mixture into prepared pan; chill 10 minutes, or until firm. Reserve remaining chocolate mixture at room temperature.
- In another heavy saucepan over low heat, melt white confectioners' coating with remaining sweetened condensed milk (mixture will be thick.) Stir in peppermint extract and food coloring.
- Spread this mixture on chilled chocolate layer; chill 10 minutes, or until firm.
- Spread reserved chocolate mixture over the mint layer; chill 2 hours, or until firm.

## Nutrition Facts

 **PROTEIN 4.57%**  **FAT 46.17%**  **CARBS 49.26%**

## Properties

Glycemic Index:12.2, Glycemic Load:26.34, Inflammation Score:-5, Nutrition Score:16.553043417309%

## Nutrients (% of daily need)

Calories: 953.97kcal (47.7%), Fat: 48.01g (73.86%), Saturated Fat: 33.74g (210.87%), Carbohydrates: 115.25g (38.42%), Net Carbohydrates: 109.49g (39.82%), Sugar: 103.94g (115.49%), Cholesterol: 31.31mg (10.44%), Sodium: 122.11mg (5.31%), Alcohol: 1.44g (100%), Alcohol %: 0.9% (100%), Caffeine: 61.92mg (20.64%), Protein: 10.69g (21.38%), Manganese: 0.97mg (48.42%), Copper: 0.91mg (45.67%), Phosphorus: 388.28mg (38.83%), Magnesium: 147.86mg (36.97%), Calcium: 270.54mg (27.05%), Iron: 4.71mg (26.15%), Selenium: 17.8µg (25.42%), Fiber: 5.76g (23.04%), Vitamin B2: 0.37mg (21.73%), Potassium: 708.95mg (20.26%), Zinc: 2.66mg (17.73%), Vitamin B5: 0.81mg (8.13%), Vitamin B12: 0.48µg (7.98%), Vitamin B1: 0.09mg (6.33%), Vitamin K: 5.66µg (5.39%), Vitamin A: 247.94IU (4.96%), Vitamin B3: 0.79mg (3.94%), Vitamin E: 0.55mg (3.68%), Vitamin B6: 0.07mg (3.3%), Vitamin C: 2.06mg (2.5%), Folate: 8.73µg (2.18%), Vitamin D: 0.16µg (1.06%)