



Mocha Almond Fudge

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 2 cups almonds toasted chopped
- ☐ 1 pound bittersweet chocolate chopped
- ☐ 0.3 cup plus
- ☐ 12 oz evaporated milk canned
- ☐ 3 tablespoons espresso powder instant
- ☐ 2.5 cups sugar
- ☐ 0.8 cup butter unsalted at room temperature

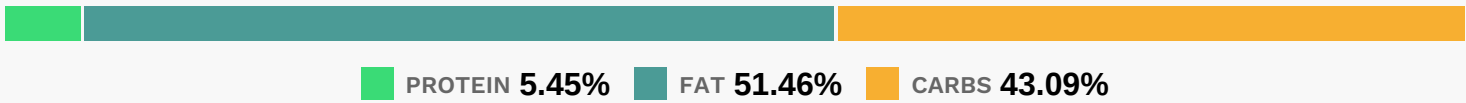
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ cutting board
- ☐ candy thermometer

Directions

- ☐ Line a 9- by 13-in. pan with foil, letting foil hang over edges. Set aside. In a bowl, combine chocolate, butter, and espresso.
- ☐ In an 8- to 10-qt. pan, combine sugar, corn syrup, and milk, then bring to a boil over medium heat. Cook, stirring often with a wooden spoon to prevent boiling over, until mixture reaches 235 on a candy thermometer, about 15 minutes.
- ☐ Remove pan from heat and pour chocolate mixture into hot milk. Stir until smooth.
- ☐ Add almonds, stir just until combined, then pour fudge into prepared pan, smoothing top with spoon. Chill at least 2 hours.
- ☐ Invert fudge onto a cutting board and peel off foil.
- ☐ Cut fudge into 1-in. squares.
- ☐ Make ahead: Up to 1 week, chilled airtight, or up to 2 months, frozen.

Nutrition Facts



Properties

Glycemic Index:3.3, Glycemic Load:12.14, Inflammation Score:-3, Nutrition Score:6.2230435117431%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg

0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 272.71kcal (13.64%), Fat: 16.07g (24.73%), Saturated Fat: 7.13g (44.56%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 27.89g (10.14%), Sugar: 25.92g (28.8%), Cholesterol: 16.4mg (5.47%), Sodium: 16.37mg (0.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 28.7mg (9.57%), Protein: 3.83g (7.66%), Manganese: 0.43mg (21.42%), Vitamin E: 2.68mg (17.86%), Copper: 0.29mg (14.57%), Magnesium: 56.85mg (14.21%), Phosphorus: 111.06mg (11.11%), Fiber: 2.4g (9.6%), Vitamin B2: 0.16mg (9.26%), Iron: 1.36mg (7.57%), Calcium: 67.22mg (6.72%), Potassium: 209.39mg (5.98%), Zinc: 0.81mg (5.38%), Vitamin A: 176.58IU (3.53%), Vitamin B3: 0.64mg (3.19%), Selenium: 2.16µg (3.09%), Vitamin B1: 0.03mg (2.11%), Vitamin B5: 0.17mg (1.69%), Vitamin K: 1.56µg (1.49%), Folate: 5.27µg (1.32%), Vitamin B6: 0.02mg (1.21%)