

Never-Fail Fudge



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



339 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter
- ☐ 4 cups confectioners' sugar
- ☐ 0.3 cup milk
- ☐ 1 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract

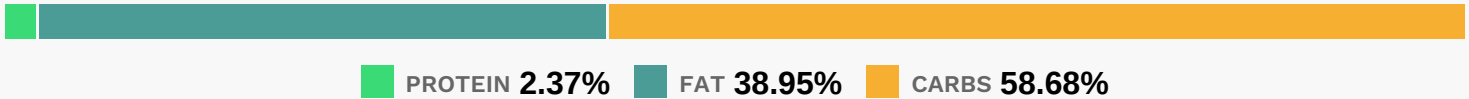
Equipment

- ☐ frying pan
- ☐ double boiler

Directions

- ☐ Butter a 9x9 inch dish.
- ☐ Combine sugar, cocoa, butter, milk, vanilla and salt in the top of a double boiler over simmering water. Cook, stirring, until smooth.
- ☐ Remove from heat and beat until mixture loses its gloss. Stir in chopped nuts and pour quickly into prepared pan.
- ☐ Let cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:5.0217391939267%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 339.48kcal (16.97%), Fat: 15.45g (23.76%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 52.36g (17.45%), Net Carbohydrates: 49.73g (18.08%), Sugar: 47.91g (53.24%), Cholesterol: 18.79mg (6.26%), Sodium: 116.45mg (5.06%), Alcohol: 0.45g (100%), Alcohol %: 0.72% (100%), Caffeine: 9.89mg (3.3%), Protein: 2.11g (4.23%), Manganese: 0.66mg (33.04%), Copper: 0.3mg (14.91%), Fiber: 2.64g (10.55%), Magnesium: 35.7mg (8.93%), Phosphorus: 70.01mg (7%), Zinc: 0.83mg (5.5%), Vitamin B1: 0.08mg (5.28%), Iron: 0.91mg (5.03%), Vitamin A: 225.9IU (4.52%), Potassium: 124.11mg (3.55%), Vitamin B2: 0.05mg (2.72%), Vitamin E: 0.35mg (2.37%), Calcium: 23.31mg (2.33%), Selenium: 1.52µg (2.17%), Vitamin B6: 0.03mg (1.61%), Vitamin B5: 0.14mg (1.37%), Vitamin B3: 0.24mg (1.18%), Vitamin K: 1.1µg (1.04%), Folate: 4.03µg (1.01%)