

# No-Cook Never-Fail Fudge



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



40

CALORIES



363 kcal

DESSERT

## Ingredients

- 1 pound butter
- 4 pounds powdered sugar
- 1 pound processed cheese food cubed
- 1 cup cocoa powder unsweetened
- 1 tablespoon vanilla extract
- 3 cups walnut pieces chopped

## Equipment

- sauce pan

mixing bowl

## Directions

Melt cheese and butter together in a nonstick saucepan; stir until smooth. Keep this mixture over a low heat. In a mixing bowl, sift confectioners' sugar and cocoa together until thoroughly mixed and no lumps remain.

Combine the sugar mixture with the melted butter and cheese. Stir until very smooth. Stir in nuts and vanilla. Press mixture into 2 lightly sprayed or buttered 9x13 inch pans; let cool until firm.

Cut into small squares. This fudge can be frozen.

## Nutrition Facts



**PROTEIN 4.14%** **FAT 44.84%** **CARBS 51.02%**

## Properties

Glycemic Index:2.42, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:4.9339130034913%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 363.05kcal (18.15%), Fat: 18.82g (28.95%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 46.8g (17.02%), Sugar: 44.93g (49.92%), Cholesterol: 35.72mg (11.91%), Sodium: 263.97mg (11.48%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Caffeine: 4.95mg (1.65%), Protein: 3.91g (7.82%), Manganese: 0.39mg (19.46%), Calcium: 133.06mg (13.31%), Phosphorus: 121.57mg (12.16%), Copper: 0.23mg (11.48%), Vitamin A: 392.3IU (7.85%), Magnesium: 27.81mg (6.95%), Fiber: 1.38g (5.53%), Selenium: 3.41µg (4.88%), Zinc: 0.71mg (4.77%), Iron: 0.66mg (3.64%), Vitamin B2: 0.06mg (3.39%), Vitamin B12: 0.19µg (3.16%), Vitamin B6: 0.06mg (2.81%), Vitamin E: 0.42mg (2.78%), Folate: 10.53µg (2.63%), Potassium: 90.46mg (2.58%), Vitamin B1: 0.03mg (2.26%), Vitamin K: 1.38µg (1.31%), Vitamin B5: 0.11mg (1.14%)