



No Cookin' Necessary Cheese Fudge

 Vegetarian  Gluten Free  Low Fod Map

READY IN



75 min.

SERVINGS



40

CALORIES



330 kcal

DESSERT

Ingredients

- 1 pound butter at room temperature
- 1 cup cocoa powder
- 3 pounds confectioners' sugar
- 4 cups powdered milk
- 1 pound processed cheese food cubed velveeta® (such as)
- 4 teaspoons vanilla extract
- 0.3 cup walnuts chopped to taste

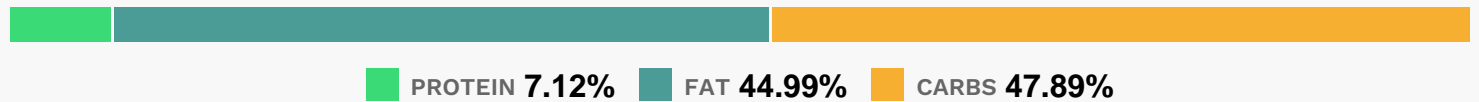
Equipment

- bowl
- baking sheet
- stand mixer

Directions

- Mix confectioners' sugar, powdered milk, processed cheese food, butter, cocoa powder, walnuts, and vanilla extract in a large bowl with a stand mixer using the dough hook attachment until mixture is blended. The mixture will seem dry at first; continue mixing until smooth.
- Press cheese mixture into a large baking sheet. Refrigerate until set, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.55, Glycemic Load:2.34, Inflammation Score:-4, Nutrition Score:6.3334782279056%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg 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: 330.04kcal (16.5%), Fat: 16.99g (26.14%), Saturated Fat: 10.23g (63.95%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 39.84g (14.49%), Sugar: 38.56g (42.84%), Cholesterol: 48.14mg (16.05%), Sodium: 311.07mg (13.52%), Alcohol: 0.14g (100%), Alcohol %: 0.24% (100%), Caffeine: 4.95mg (1.65%), Protein: 6.05g (12.1%), Calcium: 241.81mg (24.18%), Phosphorus: 193.07mg (19.31%), Vitamin B2: 0.2mg (11.59%), Vitamin A: 510.24IU (10.2%), Vitamin B12: 0.61µg (10.09%), Vitamin D: 1.41µg (9.41%), Selenium: 5.04µg (7.2%), Magnesium: 25.99mg (6.5%), Potassium: 225.11mg (6.43%), Manganese: 0.12mg (5.98%), Zinc: 0.89mg (5.95%), Copper: 0.11mg (5.56%), Vitamin B5: 0.36mg (3.59%), Fiber: 0.84g (3.38%), Vitamin E: 0.44mg (2.9%), Vitamin B1: 0.04mg (2.85%), Iron: 0.47mg (2.64%), Vitamin B6: 0.05mg (2.58%), Folate: 7.39µg (1.85%), Vitamin K: 1.44µg (1.37%), Vitamin C: 1.11mg (1.35%)