



Old Time Chocolate Fudge

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



36

CALORIES



118 kcal

DESSERT

Ingredients

- 6 tablespoons butter for buttering dish
- 4 tablespoons cocoa
- 3 tablespoons plus light
- 1 cup evaporated milk
- 1 cup pecans chopped
- 3 cups sugar
- 1.5 teaspoons vanilla extract

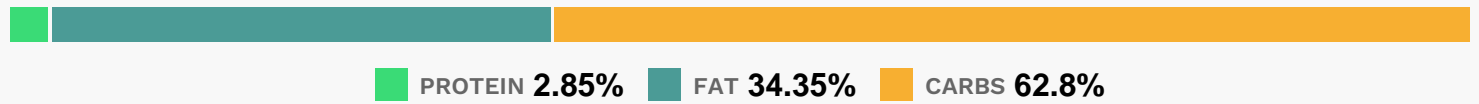
Equipment

- sauce pan
- blender
- candy thermometer

Directions

- Mix sugar and cocoa; add syrup and milk. Cook in saucepan over medium heat until a small drop forms a soft ball in cold water (234 to 240 degrees F on a candy thermometer).
- Remove from heat.
- Add butter, pecans, and vanilla. Beat with mixer or by hand.
- Pour into a slightly buttered oblong glass dish and cut into squares. Work fast, as mixture thickens quickly.

Nutrition Facts



Properties

Glycemic Index:4.14, Glycemic Load:11.92, Inflammation Score:-1, Nutrition Score:1.4330434723069%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 118.2kcal (5.91%), Fat: 4.73g (7.28%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 18.98g (6.9%), Sugar: 18.9g (21%), Cholesterol: 7.05mg (2.35%), Sodium: 23.86mg (1.04%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 0.88g (1.77%), Manganese: 0.16mg (7.95%), Copper: 0.06mg (2.99%), Phosphorus: 27.24mg (2.72%), Calcium: 22.08mg (2.21%), Magnesium: 8.2mg (2.05%), Fiber: 0.5g (1.98%), Vitamin B2: 0.03mg (1.85%), Vitamin B1: 0.02mg (1.66%), Zinc: 0.24mg (1.61%), Vitamin A: 76.74IU (1.53%), Potassium: 43.23mg (1.24%)