



One Two Three Fudge

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



36

CALORIES



131 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 16 ounce chocolate fudge frosting
- 2 cups semi chocolate chips

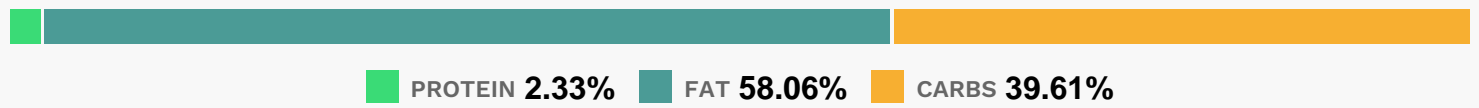
Equipment

- frying pan
- sauce pan

Directions

- Butter a 9x13 pan. Set aside.
- In a medium saucepan, melt butter and chocolate chips together over low heat.
- Remove from heat and stir in frosting.
- Mix well.
- Pour into prepared pan. Refrigerate for 2 hours.
- Cut into squares. Store, covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.39, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.0100000220472%

Nutrients (% of daily need)

Calories: 130.53kcal (6.53%), Fat: 8.61g (13.24%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 12.29g (4.47%), Sugar: 10.94g (12.16%), Cholesterol: 7.38mg (2.46%), Sodium: 44.33mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.85mg (2.95%), Protein: 0.78g (1.55%), Manganese: 0.16mg (8.14%), Copper: 0.15mg (7.5%), Magnesium: 20.31mg (5.08%), Iron: 0.81mg (4.51%), Phosphorus: 36.71mg (3.67%), Fiber: 0.91g (3.65%), Potassium: 82.15mg (2.35%), Vitamin E: 0.33mg (2.19%), Zinc: 0.3mg (2.03%), Vitamin A: 83.91IU (1.68%), Selenium: 0.97µg (1.39%)