



## Orange Fudge



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



145 min.

SERVINGS



20

CALORIES



173 kcal

DESSERT

## Ingredients

- 1 cup almonds chopped
- 1 cup liquid non-dairy creamer
- 2 teaspoons orange peel grated
- 0.3 teaspoon salt
- 0.3 cup water boiling
- 3 cups sugar white divided

## Equipment

- frying pan

sauce pan

## Directions

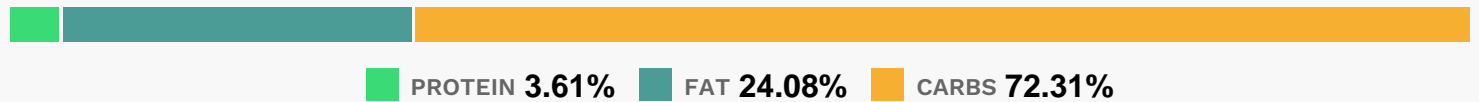
Grease an 8 x 8 inch square pan.

In a heavy saucepan over medium heat melt 1 cup of sugar, stirring constantly. Carefully add boiling water. Stir in remaining 2 cups of sugar, non-dairy creamer and salt. Stirring constantly, bring mixture to a boil. Without stirring, heat to 242 to 248 degrees F (116 to 120 degrees C), or until a small amount of syrup dropped into cold water forms a firm but pliable ball.

Remove from heat and cool to room temperature.

Beat mixture until it loses gloss. Immediately fold in grated orange peel and nuts and transfer to prepared pan. Chill for 2 hours, or until firm, before cutting.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:21.01, Inflammation Score:-1, Nutrition Score:2.419130432379%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 173.41kcal (8.67%), Fat: 4.86g (7.48%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 31.93g (11.61%), Sugar: 31.62g (35.13%), Cholesterol: 0mg (0%), Sodium: 37.63mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin E: 1.93mg (12.85%), Manganese: 0.16mg (8.23%), Vitamin B2: 0.09mg (5.14%), Magnesium: 19.38mg (4.84%), Phosphorus: 42.11mg (4.21%), Copper: 0.08mg (3.82%), Fiber: 0.92g (3.66%), Potassium: 76.36mg (2.18%), Calcium: 21.04mg (2.1%), Iron: 0.29mg (1.59%), Zinc: 0.23mg (1.53%), Vitamin B3: 0.26mg (1.3%)