



Pa's Fudge



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



697 kcal

DESSERT

Ingredients

- ☐ 0.7 cup cocoa
- ☐ 2 tablespoons plus
- ☐ 4 cups granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted
- ☐ 2 teaspoons vanilla
- ☐ 1.5 cups milk whole

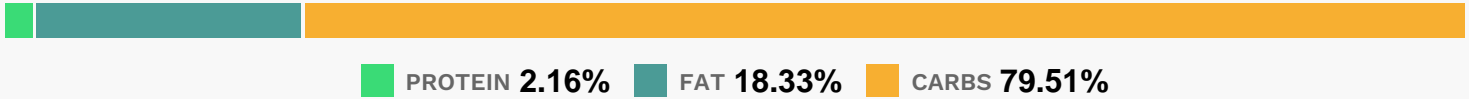
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Mix sugar, cocoa, milk, corn syrup, and salt in a large, heavy saucepan or Dutch oven.
- ☐ Place over medium heat and stir faithfully until sugar is melted. Bring to boil and cook to soft-ball stage (234° Fahrenheit). Stir occasionally to prevent sticking and scorching.
- ☐ Remove from heat and add butter and vanilla.
- ☐ Let cool to 110° without stirring. While the fudge is cooling, butter the bottom and sides of an 8-inch square pan.
- ☐ Beat the fudge with a wooden spoon until it becomes very thick and loses its gloss. Quickly pour into the prepared pan. Score while warm into 1-inch squares, then allow to cool thoroughly for several hours or overnight.
- ☐ Cut with a sharp knife when cool, dipping the knife into hot water between cuts if necessary. Store the fudge between layers of waxed paper in a sealed container in a cool place.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Cake
- ☐ Walk: A Memoir by Kate Moses, copyright © 201
- ☐ and Because I Said So: 33 Mothers Write About Children, Sex, Men, Aging, Faith, Race & Themselves (Harper
- ☐ Collins 2005, 2006). In 2003, her first novel, Wintering: A Novel of Sylvia Plath (St. Martin's Press, Anchor Books 200
- ☐ was published to international acclaim. Translated into thirteen languages, Wintering received the Janet Heidinger Kafka Prize and a Prix des Lectrices de Elle in France. Her latest book is Cakewalk, A Memoir (The Dial Press, May 2010), the result of a lifelong love of sugar and stories. She lives in San Francisco with her family—journalist and Salon.com founder, Gary Kamiya, and their two children.

Nutrition Facts



Properties

Glycemic Index:21.18, Glycemic Load:95.23, Inflammation Score:-4, Nutrition Score:6.8682609174563%

Flavonoids

Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 696.69kcal (34.83%), Fat: 15.06g (23.17%), Saturated Fat: 9.1g (56.86%), Carbohydrates: 146.99g (49%), Net Carbohydrates: 143.45g (52.17%), Sugar: 141.98g (157.75%), Cholesterol: 37.42mg (12.47%), Sodium: 226.52mg (9.85%), Alcohol: 0.46g (100%), Alcohol %: 0.26% (100%), Caffeine: 21.98mg (7.33%), Protein: 3.99g (7.99%), Manganese: 0.38mg (18.93%), Copper: 0.38mg (18.77%), Fiber: 3.54g (14.14%), Magnesium: 55.52mg (13.88%), Phosphorus: 135.19mg (13.52%), Calcium: 93.17mg (9.32%), Vitamin A: 448.68IU (8.97%), Vitamin B2: 0.14mg (8.15%), Iron: 1.4mg (7.78%), Potassium: 244.86mg (7%), Zinc: 0.96mg (6.41%), Vitamin B12: 0.35µg (5.89%), Vitamin D: 0.88µg (5.87%), Selenium: 3.52µg (5.02%), Vitamin B1: 0.05mg (3.12%), Vitamin B5: 0.27mg (2.68%), Vitamin B6: 0.05mg (2.46%), Vitamin E: 0.36mg (2.43%), Vitamin B3: 0.28mg (1.42%), Vitamin K: 1.4µg (1.34%)