



## Peanut Butter and Dark Chocolate Fudge

 Gluten Free

READY IN



131 min.

SERVINGS



25

CALORIES



96 kcal

DESSERT

### Ingredients

- 0.3 cup dry-roasted peanuts salted coarsely chopped
- 0.3 teaspoon coffee granules instant
- 1 tablespoon peanut butter
- 0.8 cup peanut butter chips
- 0.8 cup semi chocolate chips
- 14 ounce condensed milk fat-free sweetened divided canned
- 2 tablespoons cocoa powder dark unsweetened
- 1 teaspoon vanilla extract divided

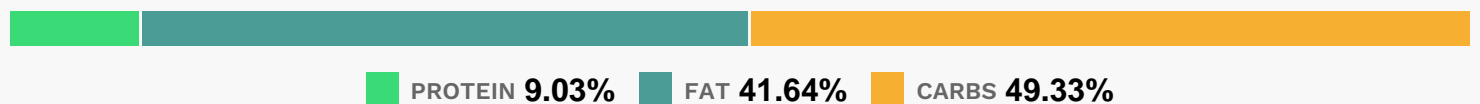
## Equipment

- bowl
- frying pan
- baking pan
- wax paper
- microwave

## Directions

- Line an 8-inch square baking dish with wax paper.
- Place 9 tablespoons milk in a microwave-safe bowl.
- Add chocolate chips, cocoa, and coffee. Microwave at HIGH for 1 minute or until melted. Stir in 1/2 teaspoon vanilla.
- Spread into prepared pan.
- Combine the remaining milk, peanut butter chips, and peanut butter in a microwave-safe bowl. Microwave at HIGH for 1 minute or until melted. Stir in remaining 1/2 teaspoon vanilla.
- Spread evenly over chocolate layer, and sprinkle with peanuts. Cover and chill 2 hours.
- Cut into 25 squares.

## Nutrition Facts



## Properties

Glycemic Index:3, Glycemic Load:5.28, Inflammation Score:-1, Nutrition Score:2.5539130665686%

## Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 95.91kcal (4.8%), Fat: 4.55g (7%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 11.38g (4.14%), Sugar: 10.71g (11.9%), Cholesterol: 5.72mg (1.91%), Sodium: 29.87mg (1.3%), Alcohol: 0.05g (100%), Alcohol %: 0.24% (100%), Caffeine: 5.88mg (1.96%), Protein: 2.22g (4.44%), Manganese: 0.13mg (6.61%), Phosphorus: 65mg (6.5%), Calcium: 50.75mg (5.08%), Copper: 0.1mg (4.87%), Magnesium: 19.21mg (4.8%), Selenium: 3µg (4.28%), Vitamin B2: 0.07mg (4.25%), Potassium: 111.13mg (3.18%), Fiber: 0.74g (2.96%), Iron: 0.47mg (2.62%), Zinc: 0.37mg (2.43%), Vitamin B3: 0.39mg (1.97%), Vitamin B5: 0.16mg (1.63%), Vitamin B1: 0.02mg (1.46%), Vitamin B12: 0.08µg (1.33%), Folate: 4.26µg (1.07%)