

## Peppermint Fudge



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



32

CALORIES



134 kcal

DESSERT

### Ingredients

- ☐ 9 candy canes divided crushed
- ☐ 0.5 Cup regular coconut milk
- ☐ 0.5 Cup dutch process cocoa powder
- ☐ 2 Tablespoons butter (or coconut oil)
- ☐ 1 Teaspoon peppermint extract
- ☐ 1 cup semi-sweet chocolate chips
- ☐ 3.5 Cups confectioner's sugar
- ☐ 0.5 Teaspoon vanilla extract

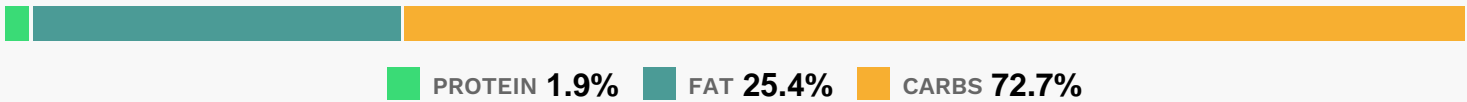
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ stove

# Directions

- ☐ Lightly grease an 8 x 8 inch square baking pan.In a large bowl, combine the chocolate chips, sugar, and cocoa.Separately, place the margarine (or oil) and coconut milk in a small saucepan, and stir together over medium heat.Cook the mixture until the margarine has melted, and bubbles just begin to break at the surface.
- ☐ Remove it from the stove, and immediately pour over the chocolate mixture.
- ☐ Let everything sit for a couple of minutes, and then stir vigorously to melt the chocolate and incorporate the dry ingredients.Continue stirring until a completely smooth mixture forms.
- ☐ Mix in the extracts and roughly 4 of the crushed candy canes, and quickly pour everything into your prepared pan.Smooth out the top and sprinkle the remaining crushed candy canes evenly over the entire exposed surface.Press the candy gently into the fudge with the palm of your hand.
- ☐ Let cool completely before cutting into squares.

# Nutrition Facts



# Properties

Glycemic Index:5.91, Glycemic Load:15.37, Inflammation Score:-1, Nutrition Score:1.5995652136271%

# Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

# Nutrients (% of daily need)

Calories: 133.73kcal (6.69%), Fat: 3.97g (6.11%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 24.63g (8.96%), Sugar: 23.89g (26.54%), Cholesterol: 0.33mg (0.11%), Sodium: 1.52mg (0.07%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Caffeine: 7.79mg (2.6%), Protein: 0.67g (1.34%), Manganese: 0.15mg (7.62%), Copper: 0.13mg (6.44%), Magnesium: 17.98mg (4.49%), Fiber: 0.93g (3.74%), Iron: 0.66mg (3.67%), Phosphorus: 27.48mg (2.75%), Zinc: 0.26mg (1.73%), Potassium: 59.92mg (1.71%), Selenium: 0.78µg (1.12%)