



## Perfectly Peppermint Fudge Bites



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



12 min.

SERVINGS



16

CALORIES



95 kcal

DESSERT

## Ingredients

- ☐ 16 servings candy canes crushed chopped for topping
- ☐ 0.3 cup cocoa powder
- ☐ 4 teaspoons coconut oil
- ☐ 0.5 cup chocolate chips dark chopped (see notes in post above)
- ☐ 0.3 cup full-fat coconut milk (such as So Delicious Original Culinary Coconut Milk)
- ☐ 0.3 teaspoon peppermint extract
- ☐ 1.5 cups powdered sugar
- ☐ 0.3 teaspoon vanilla extract

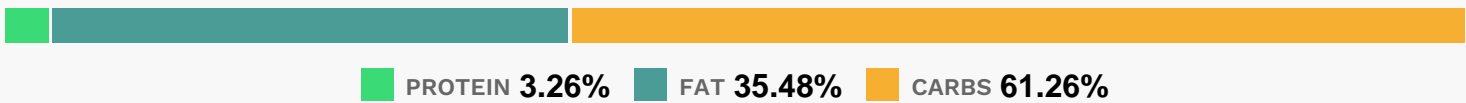
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ muffin liners
- ☐ mini muffin tray

# Directions

- ☐ Heat the coconut milk and oil in a small saucepan over medium-low heat until hot and just barely beginning to bubble, but not fully boiling.
- ☐ Remove from heat.
- ☐ Place the chocolate in a bowl and pour the coconut mixture over top. Stir vigorously until all of the chocolate is melted.Stir in the extracts.Sift in the sugar and cocoa and stir until thoroughly combined. The mixture will be quite thick. Taste test, and if desired, add a little more sugar.
- ☐ Place 16 to 20 mini cupcake liners in a mini muffin tin (just to keep them in place. Spoon the fudge mixture into each cupcake liner, filling them about 2/3 to 3/4 full, and smooth them out.Top with crushed candy cane, gently pressing it in.
- ☐ Let set up at room temperature, or chill to hasten the process. I'm not a fudge purist, I actually prefer my fudge bites chilled.

# Nutrition Facts



# Properties

Glycemic Index:7.44, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.3195652201286%

# 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: 95.17kcal (4.76%), Fat: 3.95g (6.07%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 14.62g (5.32%), Sugar: 12.96g (14.4%), Cholesterol: 0.06mg (0.02%), Sodium: 7.15mg (0.31%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Caffeine: 3.09mg (1.03%), Protein: 0.82g (1.63%), Manganese: 0.1mg (4.82%), Copper: 0.07mg (3.63%), Fiber: 0.71g (2.84%), Magnesium: 10.91mg (2.73%), Iron: 0.42mg (2.35%), Phosphorus: 21.48mg (2.15%), Zinc: 0.32mg (2.12%), Calcium: 19.75mg (1.97%), Potassium: 66.8mg (1.91%)