



Salted Chocolate Almond Fudge

 Gluten Free

READY IN



150 min.

SERVINGS



36

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup brown sugar packed
- ☐ 6 oz almonds smoked coarsely chopped canned
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 6 oz milk chocolate chips
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 1 cup cherries dried chopped
- ☐ 0.5 teaspoon sea salt

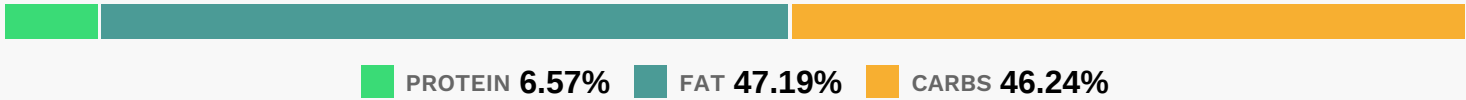
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line cookie sheet with foil. Line 8-inch square pan with foil.
- ☐ In 8-inch nonstick skillet, melt butter over medium-high heat. Stir in brown sugar, and cook until bubbly. Cook 1 minute longer, stirring occasionally.
- ☐ Add almonds; stir to coat.
- ☐ Spread almonds on cookie sheet. Cool completely, about 15 minutes. Break into small pieces.
- ☐ In large microwavable bowl, microwave chocolate chips and sweetened condensed milk uncovered on High 1 minute; stir. Microwave 1 minute longer.
- ☐ Add almonds and dried cherries; stir until blended.
- ☐ Spread evenly in 8-inch square pan.
- ☐ Sprinkle with salt. Refrigerate about 2 hours until firm.
- ☐ Cut into 6 rows by 6 rows. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.36, Glycemic Load:3.7, Inflammation Score:-2, Nutrition Score:3.9356521627177%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 160.39kcal (8.02%), Fat: 8.6g (13.23%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 17.3g (6.29%), Sugar: 15.6g (17.33%), Cholesterol: 5.15mg (1.72%), Sodium: 50.76mg (2.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.69g (5.39%), Manganese: 0.23mg (11.74%), Vitamin E: 1.29mg (8.61%), Copper: 0.17mg (8.45%), Magnesium: 32.4mg (8.1%), Phosphorus: 75.34mg (7.53%), Fiber: 1.66g (6.65%), Vitamin B2: 0.1mg (6.15%), Calcium: 57.67mg (5.77%), Iron: 0.86mg (4.77%), Potassium: 144.75mg (4.14%), Selenium: 2.64µg (3.77%), Zinc: 0.5mg (3.35%), Vitamin A: 163.46IU (3.27%), Vitamin B1: 0.02mg (1.51%), Vitamin B3: 0.28mg (1.38%), Vitamin B5: 0.14mg (1.36%), Vitamin B12: 0.07µg (1.1%)