

Taste of Home

Speedy Oven Fudge

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



9

CALORIES



693 kcal

DESSERT

Ingredients

- 0.5 cup milk
- 1 cup butter
- 0.7 cup cocoa powder
- 2 pounds powdered sugar
- 2 teaspoons vanilla extract
- 1 cup nuts chopped

Equipment

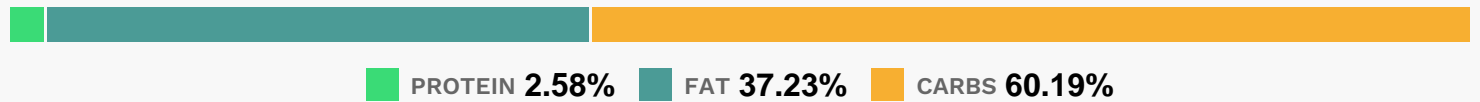
- bowl

- oven
- baking pan

Directions

- Place the first four ingredients in the order listed in a 3-qt. baking dish (do not stir).
- Place in a 350° oven for 15 minutes or until butter is melted.
- Carefully transfer to a bowl.
- Add vanilla; beat on high for 2 minutes. Stir in nuts.
- Pour into a buttered 11x7-in. dish. Cool before cutting.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:1.02, Inflammation Score:-6, Nutrition Score:7.4221739283075%

Flavonoids

Catechin: 4.13mg, Catechin: 4.13mg, Catechin: 4.13mg, Catechin: 4.13mg Epicatechin: 12.51mg, Epicatechin: 12.51mg, Epicatechin: 12.51mg, Epicatechin: 12.51mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 693.21kcal (34.66%), Fat: 29.99g (46.15%), Saturated Fat: 14.83g (92.71%), Carbohydrates: 109.1g (36.37%), Net Carbohydrates: 105.3g (38.29%), Sugar: 99.47g (110.52%), Cholesterol: 55.85mg (18.62%), Sodium: 172.68mg (7.51%), Alcohol: 0.31g (100%), Alcohol %: 0.24% (100%), Caffeine: 14.65mg (4.88%), Protein: 4.68g (9.35%), Manganese: 0.56mg (28.05%), Copper: 0.45mg (22.7%), Magnesium: 70.03mg (17.51%), Fiber: 3.8g (15.19%), Phosphorus: 136.16mg (13.62%), Vitamin A: 654.66IU (13.09%), Iron: 1.54mg (8.58%), Zinc: 1.13mg (7.54%), Potassium: 222.07mg (6.34%), Vitamin B2: 0.09mg (5.57%), Vitamin B3: 0.92mg (4.6%), Calcium: 43.19mg (4.32%), Vitamin E: 0.6mg (3.99%), Vitamin B6: 0.06mg (3.21%), Vitamin B1: 0.05mg (3.06%), Selenium: 2.03µg (2.89%), Vitamin B5: 0.29mg (2.88%), Folate: 10.8µg (2.7%), Vitamin B12: 0.12µg (1.93%), Vitamin K: 1.97µg (1.87%)