



Super Easy Peppermint Chocolate Fudge

READY IN



90 min.

SERVINGS



48

CALORIES



97 kcal

DESSERT

Ingredients

- ☐ 3 oz baker's chocolate white chopped (from 6-oz package)
- ☐ 2 tablespoons butter cut into pieces
- ☐ 2 cups asian rice cracker snack mix crushed chex mix® muddy buddies®
- ☐ 14 oz condensed milk sweetened canned
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 1 oz baker's chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup asian rice cracker snack mix crushed chex mix® muddy buddies®
- ☐ 1 serving powdered sugar

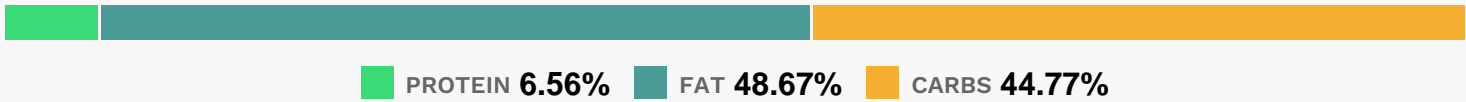
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line 8-inch square pan with foil, leaving 1 inch of foil overhanging at two opposite sides of pan. Grease foil with butter.
- ☐ Place white chocolate and butter in medium microwavable bowl. Microwave uncovered on 70% power 1 minute 30 seconds to 2 minutes, stirring after 1 minute, or until chocolate is almost melted. Stir until chocolate is completely melted and mixture is smooth. Stir in 2 cups of the crushed cereal until completely coated; press in pan. Set aside.
- ☐ In 2-quart saucepan, heat milk, chocolate chips, unsweetened chocolate and vanilla over low heat stirring constantly, until chocolate is melted and mixture is smooth; remove from heat. Gently spread over white chocolate layer.
- ☐ Sprinkle with 1/3 cup crushed cereal; press in gently.
- ☐ Sprinkle with powdered sugar. Refrigerate about 1 hour 30 minutes or until firm.
- ☐ Remove fudge from pan, using foil edges to lift.
- ☐ Cut into 8 rows by 6 rows. Store in plastic container with lid in refrigerator up to 2 weeks (place waxed paper or plastic wrap between layers and cover top layer before placing lid on top).

Nutrition Facts



Properties

Glycemic Index:2.31, Glycemic Load:2.74, Inflammation Score:-1, Nutrition Score:2.8691304397324%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 96.55kcal (4.83%), Fat: 5.43g (8.35%), Saturated Fat: 3.12g (19.53%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 10.11g (3.68%), Sugar: 7.5g (8.34%), Cholesterol: 4.6mg (1.53%), Sodium: 35.16mg (1.53%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Caffeine: 7.99mg (2.66%), Protein: 1.65g (3.29%), Manganese: 0.22mg (10.81%), Copper: 0.17mg (8.54%), Magnesium: 23.81mg (5.95%), Iron: 1mg (5.55%), Phosphorus: 53.73mg (5.37%), Fiber: 1.12g (4.49%), Zinc: 0.54mg (3.61%), Calcium: 31.82mg (3.18%), Selenium: 2.21µg (3.16%), Vitamin B2: 0.05mg (2.91%), Potassium: 96.63mg (2.76%), Vitamin B1: 0.02mg (1.55%), Vitamin B3: 0.25mg (1.26%), Folate: 4.94µg (1.24%), Vitamin K: 1.24µg (1.19%), Vitamin B5: 0.1mg (1.01%)