

Surprise Chocolate Fudge

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



81

CALORIES



75 kcal

DESSERT

Ingredients

- 1 cup cocoa powder
- 0.8 cup butter melted
- 15 ounces pinto beans rinsed drained canned
- 7.5 cups powdered sugar
- 1 tablespoon vanilla extract
- 1 cup walnut pieces chopped

Equipment

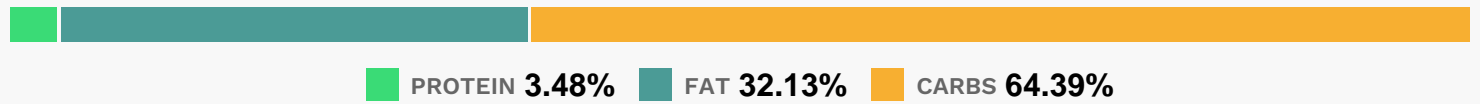
- frying pan

microwave

Directions

- In a microwave-safe dish, mash beans with a fork until smooth; cover and microwave for 1-1/2 minutes or until heated through.
- Add cocoa, butter and vanilla. (
- Mixture will be thick.) Slowly stir in sugar; add nuts. Press mixture into a 9-in. square pan coated with cooking spray. Cover and refrigerate until firm.
- Cut into 1-in. pieces.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.1204347864765%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 74.93kcal (3.75%), Fat: 2.82g (4.34%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.99g (4.36%), Sugar: 11g (12.22%), Cholesterol: 4.52mg (1.51%), Sodium: 28.07mg (1.22%), Alcohol: 0.06g (100%), Alcohol %: 0.33% (100%), Protein: 0.69g (1.37%), Manganese: 0.11mg (5.38%), Copper: 0.07mg (3.63%), Fiber: 0.73g (2.92%), Magnesium: 9.37mg (2.34%), Phosphorus: 18.13mg (1.81%), Iron: 0.27mg (1.52%), Potassium: 37.96mg (1.08%), Vitamin A: 52.81IU (1.06%)