

# Surprise Fudge

 Vegetarian  Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



81

CALORIES



59 kcal

DESSERT

## Ingredients

- 0.5 cup cocoa powder
- 3.8 cups powdered sugar
- 1 cup nuts chopped
- 8 ounces processed cheese food cubed (Velveeta)
- 0.8 cup butter unsalted cubed
- 1 teaspoon vanilla extract

## Equipment

- bowl

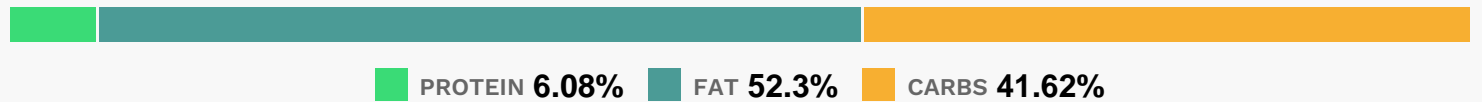
frying pan

sauce pan

## Directions

- In a small saucepan, cook and stir the cheese and butter over medium heat until melted.
- Remove from the heat; stir in the vanilla and nuts. In a bowl, combine the confectioners' sugar and cocoa.
- Add the cheese mixture and beat until combined (mixture will be stiff).
- Spread until a greased 9-in. square pan. Refrigerate until firm.
- Cut into squares. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:0.7, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.0552173895842%

## Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 58.98kcal (2.95%), Fat: 3.58g (5.51%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 6.06g (2.2%), Sugar: 5.51g (6.13%), Cholesterol: 7.32mg (2.44%), Sodium: 47.46mg (2.06%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Protein: 0.94g (1.87%), Calcium: 31.75mg (3.17%), Phosphorus: 30.08mg (3.01%), Manganese: 0.06mg (2.82%), Copper: 0.04mg (2.25%), Magnesium: 7.43mg (1.86%), Vitamin A: 79.25IU (1.59%), Fiber: 0.36g (1.43%), Zinc: 0.18mg (1.17%)