



This Easy Chocolate Fudge Is Sweet, Salty, Crunchy—and Just Plain Delicious

READY IN



45 min.

SERVINGS



36

CALORIES



136 kcal

DESSERT

Ingredients

- 1 stick pam original flavor shopping list
- 2 tablespoons butter unsalted cut into small pieces
- 16 ounces semi chocolate chips
- 14 ounces condensed milk sweetened canned
- 0.5 teaspoon vanilla extract pure
- 0.1 teaspoon salt fine
- 2.5 cups pretzels miniature roughly chopped

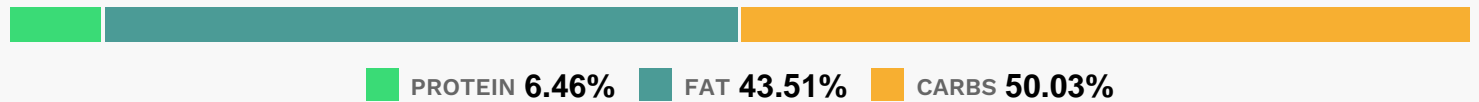
Equipment

- bowl
- frying pan
- baking paper
- pot
- baking pan

Directions

- Coat an 8-inch square baking pan with cooking spray and line with parchment paper, leaving a 2-inch overhang on all sides.
- Place butter, chocolate chips, condensed milk, vanilla, and salt in a medium heatproof bowl set over (not in) a pot of barely simmering water. Stir occasionally until chocolate just melts and mixture is combined and warm but not hot, 8 to 10 minutes.
- Remove from heat and stir in 2 cups pretzels.
- Transfer mixture to pan and smooth top; press 1/2 cup pretzels on top. Refrigerate until set, 2 hours (or up to overnight, wrapped). Using parchment, lift fudge from pan and cut into 36 squares.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:7.21, Inflammation Score:-2, Nutrition Score:3.3695651953635%

Nutrients (% of daily need)

Calories: 135.63kcal (6.78%), Fat: 6.6g (10.16%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.89g (5.78%), Sugar: 10.75g (11.95%), Cholesterol: 6.18mg (2.06%), Sodium: 92.33mg (4.01%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Caffeine: 10.84mg (3.61%), Protein: 2.21g (4.41%), Manganese: 0.22mg (10.98%), Copper: 0.17mg (8.39%), Phosphorus: 67.95mg (6.8%), Magnesium: 26.68mg (6.67%), Iron: 1.07mg (5.96%), Fiber: 1.2g (4.79%), Selenium: 2.94µg (4.2%), Vitamin B2: 0.07mg (4.16%), Calcium: 40.82mg (4.08%), Potassium: 125mg (3.57%), Zinc: 0.5mg (3.31%), Folate: 11.29µg (2.82%), Vitamin B1: 0.04mg (2.5%), Vitamin B3: 0.42mg (2.11%), Vitamin B5: 0.14mg (1.4%), Vitamin B12: 0.07µg (1.21%), Vitamin K: 1.18µg (1.13%), Vitamin

A: 55.17IU (1.1%)