



Two-Layer Fudge

 Gluten Free

READY IN



140 min.

SERVINGS



20

CALORIES



180 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate white (6 oz.)
- 8 oz baker's semi-sweet chocolate
- 14 oz condensed milk sweetened divided canned
- 1 tsp vanilla
- 0.5 cup planters walnuts chopped

Equipment

- bowl
- frying pan

aluminum foil

microwave

Directions

Microwave semi-sweet chocolate and 3/4 cup milk in medium microwaveable bowl on HIGH 2 min. or until chocolate is almost melted, stirring after 1 min. Stir until chocolate is completely melted.

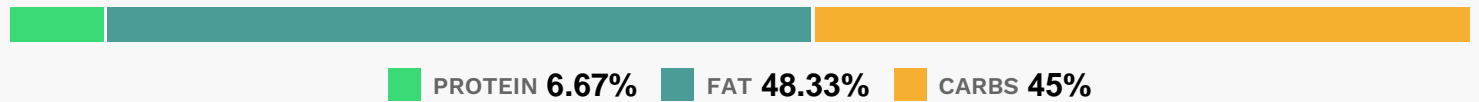
Add nuts and vanilla; mix well.

Spread onto bottom of foil-lined 8-inch square pan.

Microwave white chocolate and remaining milk in medium microwaveable bowl on HIGH 1-1/2 min. or until chocolate is almost melted, stirring after 1 min. Stir until chocolate is completely melted.

Spread over semi-sweet chocolate layer. Refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:8.97, Inflammation Score:-2, Nutrition Score:4.0956521267476%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 179.65kcal (8.98%), Fat: 9.8g (15.07%), Saturated Fat: 4.87g (30.42%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 19.41g (7.06%), Sugar: 18.41g (20.45%), Cholesterol: 8.62mg (2.87%), Sodium: 31.52mg (1.37%), Alcohol: 0.07g (100%), Alcohol %: 0.23% (100%), Caffeine: 9.75mg (3.25%), Protein: 3.04g (6.08%), Manganese: 0.25mg (12.61%), Phosphorus: 99.8mg (9.98%), Copper: 0.19mg (9.73%), Calcium: 77.56mg (7.76%), Magnesium: 30.44mg (7.61%), Vitamin B2: 0.11mg (6.39%), Selenium: 4.29µg (6.13%), Potassium: 167.35mg (4.78%), Iron: 0.85mg (4.74%), Fiber: 1.11g (4.46%), Zinc: 0.62mg (4.13%), Vitamin B1: 0.04mg (2.34%), Vitamin B5: 0.23mg (2.34%), Vitamin B12: 0.14µg (2.32%), Vitamin B6: 0.03mg (1.65%), Vitamin K: 1.53µg (1.46%), Folate: 5.45µg (1.36%), Vitamin A: 60.94IU (1.22%), Vitamin E: 0.17mg (1.16%), Vitamin B3: 0.21mg (1.06%)