

Vegan Balsamic Fudge Drops

READY IN



27 min.

SERVINGS



24

CALORIES



157 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 tablespoon balsamic vinegar (see note #2)
- ☐ 0.3 cup t brown sugar dark
- ☐ 0.7 cup little demerara sugar (or other vegan sugar)
- ☐ 0.7 cup granulated sugar
- ☐ 5 tablespoons butter
- ☐ 0.5 cup prune- cut to pieces (see note)
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup vanilla-flavored soy yogurt

- ☐ 1 cup unbleached flour gluten-free white (or use baking flour)
- ☐ 0.5 cup cocoa powder unsweetened (not Dutch-process)
- ☐ 1 teaspoon vanilla extract
- ☐ 24 servings tsp vanilla sugar with sugar in my blender) quick

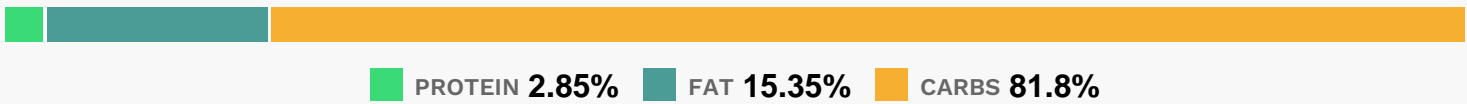
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Mix the flour, soda, and salt together and set aside. In another bowl, mix the cocoa with the sugars and set aside. Melt the margarine in a medium-sized saucepan. When it is completely melted, take it off the heat and add the sugar/cocoa mixture and stir to combine. Then add the soy yogurt, vanilla extract, and balsamic and stir until mixed. Finally, add the flour mixture and stir just until it's combined—don't over-mix. Using a cookie scoop or tablespoon, drop tablespoons of the dough onto the baking sheets about 1 1/2-inches apart.
- ☐ Sprinkle lightly with vanilla sugar, and place them in the oven. After 5 minutes, switch the pans around so that the one on top is on the bottom and the front sides are in the back. Check again in 4 minutes. Be careful—depending on the type of pan you use, they can go from underdone to burned in seconds (I found out the hard way!) They shouldn't need more than 11 minutes and will look soft on top, but they'll harden as they cool.
- ☐ Remove from the oven and transfer onto cooling racks. Makes about 2 dozen cookies.

Nutrition Facts



Properties

Glycemic Index:11.92, Glycemic Load:15.36, Inflammation Score:-1, Nutrition Score:1.7934782694539%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 157.07kcal (7.85%), Fat: 2.81g (4.32%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 32.57g (11.84%), Sugar: 27.71g (30.79%), Cholesterol: 0mg (0%), Sodium: 76.14mg (3.31%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.17g (2.34%), Manganese: 0.13mg (6.37%), Copper: 0.09mg (4.55%), Fiber: 1.06g (4.23%), Selenium: 2.48µg (3.54%), Magnesium: 12.3mg (3.08%), Vitamin A: 132.74IU (2.65%), Phosphorus: 21.69mg (2.17%), Iron: 0.39mg (2.14%), Vitamin K: 2.22µg (2.11%), Potassium: 67.22mg (1.92%), Calcium: 13.25mg (1.33%), Zinc: 0.19mg (1.25%), Vitamin B2: 0.02mg (1.1%)