



Walnut Fudge = Heaven – I Adore Food

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



130 kcal

DESSERT

Ingredients

- 2.8 cups sugar
- 4 Ounce baker's chocolate unsweetened
- 3 Tablespoon butter
- 1 cup half and half
- 1 Tablespoon plus
- 1 Tablespoon vanilla extract
- 1 cup walnut pieces chopped

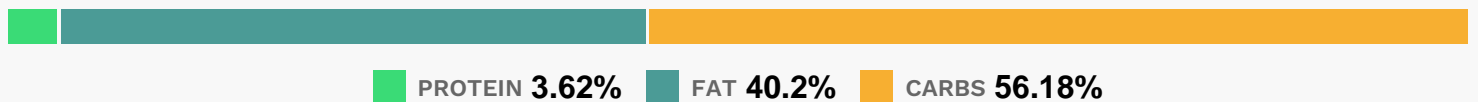
Equipment

- frying pan
- sauce pan
- pot
- wooden spoon
- kitchen thermometer
- candy thermometer

Directions

- Grease an 8 by 8-inch pan with butter. In a heavy-bottomed saucepan, combine the sugar, chocolate, 1 1/2 tablespoons of the butter, half-and-half, and corn syrup.
- Over medium heat, stir with a wooden spoon until sugar is dissolved and chocolate is melted.
- Increase heat and bring to a boil. Reduce heat to medium-low, cover, and boil for 3 minutes.
- Remove the cover and attach a candy thermometer to the pot.
- Cook until the thermometer reads 234 degrees F.
- Remove from the heat and add the remaining butter. Do not stir.
- Let the mixture cool for 10 minutes or until it drops to 130 degrees F.
- Add vanilla and nuts, if desired, and mix until well-blended and the shiny texture becomes matte.
- Pour into the prepared pan.
- Let sit in cool dry area until firm.
- Cut into 1 1/2 inch pieces and store in an airtight container for up to a week.

Nutrition Facts



Properties

Glycemic Index:4.97, Glycemic Load:12.15, Inflammation Score:-1, Nutrition Score:2.381304356715%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 130.27kcal (6.51%), Fat: 6.23g (9.58%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 18.75g (6.82%), Sugar: 18.17g (20.19%), Cholesterol: 5.47mg (1.82%), Sodium: 14.61mg (0.64%), Alcohol: 0.14g (100%), Alcohol %: 0.52% (100%), Protein: 1.26g (2.52%), Manganese: 0.27mg (13.71%), Copper: 0.17mg (8.74%), Magnesium: 18.2mg (4.55%), Iron: 0.74mg (4.09%), Phosphorus: 34.35mg (3.43%), Fiber: 0.83g (3.33%), Zinc: 0.49mg (3.27%), Vitamin B2: 0.03mg (1.64%), Potassium: 56.79mg (1.62%), Calcium: 15.88mg (1.59%), Vitamin B1: 0.02mg (1.36%), Vitamin B6: 0.02mg (1.23%), Folate: 4.84µg (1.21%), Vitamin A: 60.3IU (1.21%), Selenium: 0.83µg (1.18%)