



White Chocolate Fudge

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



20

CALORIES



180 kcal

DESSERT

Ingredients

- 1 cup planters almonds toasted coarsely chopped
- 12 oz baker's chocolate white
- 0.5 cup cranberries dried
- 1 Tbsp orange zest
- 0.8 cup condensed milk sweetened canned

Equipment

- bowl
- frying pan

aluminum foil

microwave

Directions

Line 8-inch square pan with foil, with ends of foil extending over sides. Microwave chocolate and milk in microwaveable bowl on HIGH 2 to 3 min. or until chocolate is almost melted; stir until chocolate is completely melted and mixture is well blended.

Add remaining ingredients; mix well.

Spread onto bottom of prepared pan. Refrigerate 2 hours or until firm.

Use foil handles to lift fudge from pan before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:7.05, Glycemic Load:10.9, Inflammation Score:-1, Nutrition Score:4.1217391400234%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 179.54kcal (8.98%), Fat: 10.06g (15.48%), Saturated Fat: 4.2g (26.28%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 19.32g (7.03%), Sugar: 18.79g (20.88%), Cholesterol: 7.47mg (2.49%), Sodium: 30.11mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin E: 2.08mg (13.84%), Vitamin B2: 0.18mg (10.49%), Phosphorus: 93.67mg (9.37%), Manganese: 0.17mg (8.67%), Calcium: 86.43mg (8.64%), Magnesium: 24.52mg (6.13%), Fiber: 1.12g (4.48%), Copper: 0.09mg (4.39%), Potassium: 145.75mg (4.16%), Selenium: 2.78µg (3.97%), Zinc: 0.46mg (3.07%), Vitamin B1: 0.04mg (2.43%), Vitamin B12: 0.15µg (2.43%), Vitamin B5: 0.23mg (2.31%), Vitamin B3: 0.43mg (2.14%), Iron: 0.34mg (1.9%), Vitamin K: 1.85µg (1.76%), Folate: 5.69µg (1.42%), Vitamin B6: 0.03mg (1.34%)