



## 2-Ingredient Peanut Butter Fudge



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



8

CALORIES



705 kcal

### Ingredients

☐ 1 pound confectioners' coating white ( almond bark)

☐ 18 ounce peanut butter jif® (such as )

### Equipment

☐ bowl

☐ frying pan

☐ oven

☐ plastic wrap

☐ baking pan

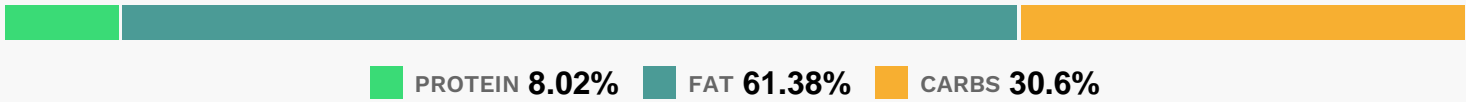
☐ microwave

☐ pizza cutter

## Directions

- ☐ Line an 8x8-inch baking dish with plastic wrap long enough to overhang the dish by several inches on each side.
- ☐ Place broken coating into a large glass microwave-safe bowl and melt on low power in microwave oven, about 5 minutes, stirring after every 30 seconds to 1 minute. When coating is smooth and creamy, stir peanut butter into coating until fudge is thoroughly combined.
- ☐ Spread fudge into the prepared baking dish.
- ☐ Refrigerate fudge until set, 1 to 2 hours. Lift fudge out of the pan using the plastic wrap for handles and slice into squares with a pizza cutter.

## Nutrition Facts



## Properties

Glycemic Index:1.75, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:12.350869549357%

## Nutrients (% of daily need)

Calories: 704.56kcal (35.23%), Fat: 48.79g (75.07%), Saturated Fat: 22.64g (141.51%), Carbohydrates: 54.72g (18.24%), Net Carbohydrates: 51.66g (18.79%), Sugar: 47.2g (52.44%), Cholesterol: 0mg (0%), Sodium: 290.09mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.7%), Manganese: 0.94mg (46.76%), Vitamin B3: 8.48mg (42.42%), Vitamin E: 5.81mg (38.74%), Magnesium: 107.8mg (26.95%), Phosphorus: 216.24mg (21.62%), Vitamin B6: 0.28mg (14.16%), Folate: 54.86µg (13.71%), Copper: 0.27mg (13.4%), Fiber: 3.06g (12.25%), Zinc: 1.62mg (10.8%), Potassium: 359.76mg (10.28%), Vitamin B2: 0.12mg (7.17%), Vitamin B5: 0.68mg (6.76%), Iron: 1.1mg (6.13%), Vitamin B1: 0.09mg (5.87%), Selenium: 2.62µg (3.74%), Calcium: 31.26mg (3.13%)