

**2%**  
HEALTH SCORE

## 5-Minute Rocky Road Fudge

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**15**

CALORIES



**329 kcal**

### Ingredients

- 2 c bittersweet chocolate (12 oz. pkg.)
- 14 oz condensed milk sweetened canned
- 1 t vanilla extract
- 0.1 t salt
- 3 c marshmallows
- 1.5 c walnut pieces toasted chopped

### Equipment

- bowl
- frying pan

aluminum foil

microwave

## Directions

Line a 13x9-inch pan with foil, lightly spray with cooking spray. Set aside.

In a large, microwave safe bowl, add chocolate chips and condensed milk. Microwave for about 40 seconds, or until the chips are just melted when you stir them. If needed, continue to microwave in 15 second increments until melted. Do not overcook. Immediately stir in vanilla and salt. Then fold in the marshmallows and nuts.

Working quickly, spread and press fudge into the prepared pan. Refrigerate until completely cooled before cutting into squares.

## Nutrition Facts

PROTEIN **6.49%** FAT **50.37%** CARBS **43.14%**

## Properties

Glycemic Index:9.43, Glycemic Load:13.86, Inflammation Score:-3, Nutrition Score:8.1026086956522%

## Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg

## Taste

Sweetness: 100%, Saltiness: 1.66%, Sourness: 2.29%, Bitterness: 10.25%, Savoriness: 5.3%, Fattiness: 48.92%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 329.16kcal (16.46%), Fat: 18.89g (29.06%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 33.73g (12.27%), Sugar: 29.06g (32.29%), Cholesterol: 10.4mg (3.47%), Sodium: 63.58mg (2.76%), Caffeine: 20.07mg (6.69%), Protein: 5.48g (10.96%), Manganese: 0.71mg (35.58%), Copper: 0.49mg (24.56%), Phosphorus: 168.91mg (16.89%), Magnesium: 66.67mg (16.67%), Fiber: 2.66g (10.64%), Iron: 1.89mg (10.49%), Calcium: 101.42mg (10.14%), Selenium: 6.62µg (9.46%), Zinc: 1.23mg (8.22%), Vitamin B2: 0.14mg (8.2%), Potassium: 282.98mg (8.09%), Vitamin B1: 0.07mg (4.75%), Vitamin B6: 0.08mg (4.23%), Folate: 14.48µg (3.62%), Vitamin B5: 0.34mg (3.36%), Vitamin B12: 0.16µg (2.64%), Vitamin K: 2.15µg (2.05%), Vitamin B3: 0.39mg (1.96%), Vitamin E: 0.26mg (1.75%), Vitamin A: 84.65IU (1.69%), Vitamin C: 0.84mg (1.02%)