

5-Minute Rocky Road Fudge

Gluten Free

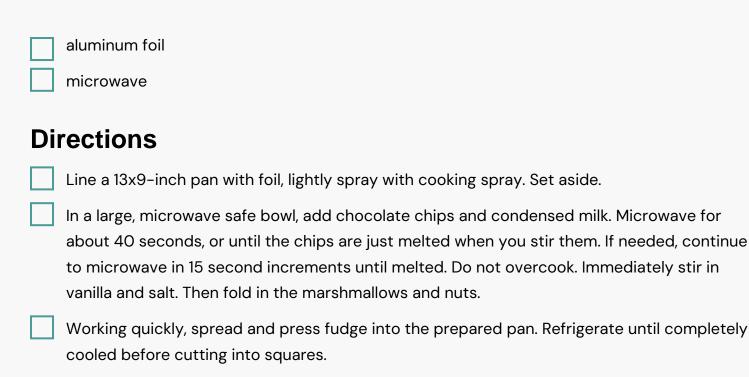


Ingredients

- 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



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%)