



## BAKER'S ONE BOWL Million Dollar Fudge

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**25**

CALORIES



**492 kcal**

DESSERT

### Ingredients

- 0.5 cup butter
- 12 oz evaporated milk canned
- 7 oz marshmallow crème jet-puffed
- 1.5 cups planters pecans chopped
- 36 oz baker's semi-sweet chocolate chopped
- 4.5 cups sugar
- 1 tsp vanilla

### Equipment

frying pan

sauce pan

## Directions

Bring butter, sugar and milk to full rolling boil in large saucepan on medium heat, stirring constantly. Cook an additional 5 min., stirring constantly.

Remove from heat. Gradually add chopped chocolate, stirring after each addition until chocolate is completely melted.

Add remaining ingredients; mix well.

Pour into 15x10x1-inch pan sprayed with cooking spray. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:3.2, Glycemic Load:25.16, Inflammation Score:-4, Nutrition Score:8.5147826827091%

## Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

## Nutrients (% of daily need)

Calories: 491.96kcal (24.6%), Fat: 24.72g (38.02%), Saturated Fat: 10.74g (67.15%), Carbohydrates: 66.26g (22.09%), Net Carbohydrates: 62.42g (22.7%), Sugar: 57.42g (63.8%), Cholesterol: 6.4mg (2.13%), Sodium: 61.69mg (2.68%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Caffeine: 35.11mg (11.7%), Protein: 4.01g (8.02%), Manganese: 0.81mg (40.54%), Copper: 0.59mg (29.28%), Magnesium: 82.46mg (20.61%), Iron: 2.77mg (15.41%), Fiber: 3.84g (15.34%), Phosphorus: 151.27mg (15.13%), Zinc: 1.46mg (9.73%), Potassium: 299.93mg (8.57%), Calcium: 66.73mg (6.67%), Selenium: 4.18µg (5.98%), Vitamin B2: 0.08mg (4.67%), Vitamin A: 218.66IU (4.37%), Vitamin B1: 0.06mg (3.94%), Vitamin E: 0.49mg (3.24%), Vitamin K: 3.23µg (3.08%), Vitamin B5: 0.26mg (2.64%), Vitamin B3: 0.44mg (2.2%), Vitamin B6: 0.03mg (1.68%), Vitamin B12: 0.1µg (1.66%)