

Best Ever Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



23

CALORIES



380 kcal

DESSERT

Ingredients

- 1 cup butter
- 25 marshmallows quartered
- 1 cup milk
- 2 cups milk chocolate chips
- 1 cup pecans chopped
- 2 cups semi-sweet chocolate chips
- 2 ounce chocolate unsweetened
- 1 teaspoon vanilla extract

2 cups sugar white

Equipment

frying pan

sauce pan

Directions

Grease 1 – 11x16 inch jelly roll pan. Set aside.

Combine sugar, milk, vanilla and butter in large, heavy saucepan. Bring to a boil, stirring occasionally. Boil for 2 minutes.

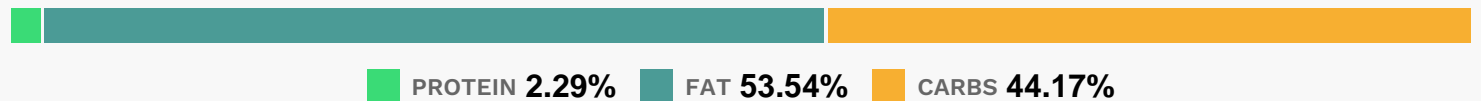
Remove from heat and add marshmallows, semi-sweet chocolate chips, milk chocolate chips and unsweetened chocolate. Stir until melted and smooth. Stir in nuts.

Mix well.

Pour into prepared pans.

Let fudge sit at least 24 hours before cutting into squares. Refrigerate for easier cutting.

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:16.09, Inflammation Score:-3, Nutrition Score:5.1786956707744%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 380.25kcal (19.01%), Fat: 23.42g (36.03%), Saturated Fat: 12.51g (78.21%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 41.38g (15.05%), Sugar: 37.02g (41.13%), Cholesterol: 23.41mg (7.8%), Sodium: 75.88mg (3.3%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Caffeine: 15.06mg (5.02%), Protein: 2.25g (4.51%), Manganese: 0.52mg (25.99%), Copper: 0.34mg (16.77%), Magnesium: 42.22mg (10.56%), Iron: 1.54mg

(8.55%), Fiber: 2.09g (8.36%), Phosphorus: 76.26mg (7.63%), Zinc: 0.91mg (6.08%), Vitamin A: 274.09IU (5.48%), Potassium: 190.16mg (5.43%), Calcium: 42.26mg (4.23%), Selenium: 2.19µg (3.13%), Vitamin B1: 0.05mg (3.09%), Vitamin E: 0.4mg (2.67%), Vitamin B2: 0.04mg (2.21%), Vitamin K: 2.22µg (2.12%), Vitamin B12: 0.1µg (1.69%), Vitamin B5: 0.14mg (1.42%), Vitamin B3: 0.24mg (1.19%), Vitamin B6: 0.02mg (1.14%)