



Bittersweet Fudge with Sea Salt

 Gluten Free

READY IN



71 min.

SERVINGS



60

CALORIES



69 kcal

Ingredients

- 12 ounces bittersweet chocolate chopped
- 4 tablespoons butter
- 3 cups marshmallows mini
- 0.5 teaspoon sea salt
- 14 ounce condensed milk sweetened canned

Equipment

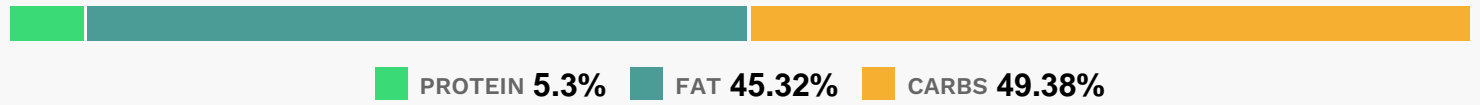
- frying pan
- sauce pan
- baking paper

knife

Directions

- Combine first 3 ingredients in a medium saucepan. Cook over medium heat, stirring constantly, 6 to 7 minutes or until marshmallows are melted. Stir in chocolate.
- Transfer mixture to an 8-inch square pan lined with parchment paper; sprinkle with salt. Chill about 1 hour or until firm.
- Cut into squares with a hot knife.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:1.3734782636166%

Nutrients (% of daily need)

Calories: 68.7kcal (3.44%), Fat: 3.51g (5.4%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 8.15g (2.96%), Sugar: 7.12g (7.91%), Cholesterol: 4.6mg (1.53%), Sodium: 36.35mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 0.92g (1.85%), Manganese: 0.08mg (3.79%), Copper: 0.07mg (3.71%), Phosphorus: 31.9mg (3.19%), Magnesium: 11.77mg (2.94%), Calcium: 22.61mg (2.26%), Selenium: 1.51µg (2.15%), Iron: 0.38mg (2.09%), Fiber: 0.46g (1.82%), Vitamin B2: 0.03mg (1.8%), Potassium: 57.04mg (1.63%), Zinc: 0.21mg (1.43%)