



Butterscotch Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 2 cups almonds chopped
- ☐ 1 cup firmly brown sugar dark packed
- ☐ 0.7 cup evaporated milk
- ☐ 7.5 oz marshmallow fluff
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 12 oz chocolate chips white

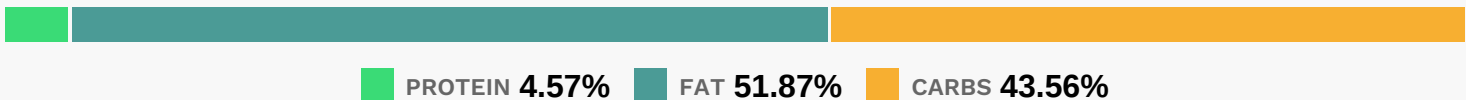
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Line an 8-inch square baking pan with heavy-duty foil, leaving a 1-inch overhang on two sides.
- ☐ In a heavy medium saucepan, combine brown sugar, Marshmallow Fluff, milk, butter and salt and bring to a boil over medium-high heat. Reduce heat to medium and simmer, stirring constantly with a wooden spoon, for 5 minutes.
- ☐ Remove pan from heat, add white chocolate chips and stir until melted. Blend in nuts and vanilla.
- ☐ Scrape fudge into prepared pan. Refrigerate until firm, 2 to 3 hours.
- ☐ Remove fudge from pan, using foil to lift it out, then cut into 16 cubes; serve. Or chill in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:8.99, Inflammation Score:-2, Nutrition Score:5.4260869129844%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 355.97kcal (17.8%), Fat: 21.41g (32.94%), Saturated Fat: 8.2g (51.25%), Carbohydrates: 40.46g (13.49%), Net Carbohydrates: 39.44g (14.34%), Sugar: 35.53g (39.47%), Cholesterol: 18.8mg (6.27%), Sodium: 107.68mg (4.68%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 4.25g (8.49%), Manganese: 0.51mg (25.57%), Copper: 0.25mg (12.73%), Phosphorus: 111.16mg (11.12%), Calcium: 96.79mg (9.68%), Magnesium: 29.55mg (7.39%),

Vitamin B2: 0.12mg (6.89%), Vitamin B6: 0.1mg (5.08%), Potassium: 177.05mg (5.06%), Zinc: 0.7mg (4.66%),
Vitamin B1: 0.07mg (4.57%), Folate: 16.96µg (4.24%), Fiber: 1.02g (4.09%), Vitamin A: 165.6IU (3.31%), Iron: 0.6mg
(3.31%), Selenium: 2.13µg (3.05%), Vitamin B5: 0.3mg (3.04%), Vitamin E: 0.45mg (2.97%), Vitamin K: 2.76µg
(2.63%), Vitamin B12: 0.14µg (2.41%), Vitamin B3: 0.36mg (1.8%)