



California White Chocolate Fudge

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



186 kcal

DESSERT

Ingredients

- 12 oz baker's chocolate white
- 0.5 cup butter (1 stick)
- 0.8 cup knudsen cream sour
- 0.8 cup apricots dried chopped
- 7 oz marshmallow crème jet-puffed
- 1.5 cups sugar
- 0.8 cup planters walnuts chopped

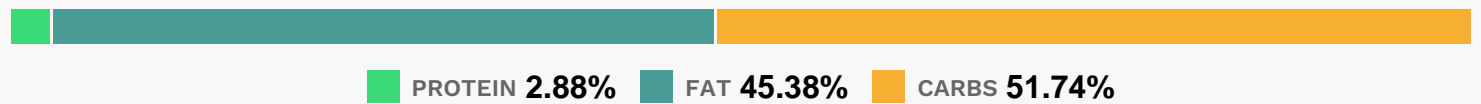
Equipment

- frying pan
- sauce pan
- candy thermometer

Directions

- Bring sugar, sour cream and butter to full rolling boil in large heavy saucepan on medium heat, stirring constantly. Boil 7 min. or until candy thermometer registers 234F, stirring constantly.
- Remove from heat; stir in chocolate until melted.
- Add remaining ingredients; stir until well blended.
- Pour into greased 8- or 9-inch square pan. Cool completely.
- Cut into 64 squares to serve.

Nutrition Facts



Properties

Glycemic Index:6.45, Glycemic Load:12.31, Inflammation Score:-2, Nutrition Score:2.0369565117618%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 185.54kcal (9.28%), Fat: 9.76g (15.01%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 24.58g (8.94%), Sugar: 22.75g (25.27%), Cholesterol: 5.77mg (1.92%), Sodium: 48.15mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Vitamin A: 292.27IU (5.85%), Manganese: 0.11mg (5.47%), Phosphorus: 37.63mg (3.76%), Calcium: 34.26mg (3.43%), Copper: 0.07mg (3.31%), Vitamin B2: 0.05mg (3.04%), Vitamin E: 0.41mg (2.73%), Potassium: 92.01mg (2.63%), Magnesium: 7.71mg (1.93%), Fiber: 0.46g (1.82%), Vitamin B6: 0.03mg (1.47%), Selenium: 1µg (1.43%), Zinc: 0.21mg (1.38%), Vitamin B12: 0.08µg (1.32%), Vitamin B1: 0.02mg (1.28%), Vitamin B5: 0.12mg (1.25%), Vitamin K: 1.3µg (1.24%), Iron: 0.21mg (1.15%), Folate: 4.37µg (1.09%), Vitamin B3: 0.21mg (1.04%)