



 1%
HEALTH SCORE

Candy Corn Fudge

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



564 kcal

DESSERT

Ingredients

- 12 oz candy corn
- 0.7 cup evaporated milk
- 7 oz marshmallow creme
- 1 cup roasted peanuts salted chopped
- 1 ounce bittersweet chocolate chopped
- 1 cup semi chocolate chips
- 1.5 cups sugar
- 2 tablespoons butter unsalted

1 ounce chocolate white chopped

Equipment

bowl

frying pan

aluminum foil

candy thermometer

Directions

Line an 8-inch square pan with foil; butter foil.

Combine marshmallow cream, sugar, evaporated milk and butter in a large, heavy pan. Bring mixture to a boil over medium-high heat. Cook, stirring constantly, until mixture reaches 235F on a candy thermometer, 10 to 15 minutes.

Remove from heat and stir in candy corn, chocolate chips and peanuts, stirring until chocolate melts. Immediately transfer to foil-lined pan and smooth top until even. Chill until set, at least 2 hours.

In separate bowls over pans of simmering water, melt semisweet and white chocolate, if desired. Using forks, drizzle both chocolates over fudge.

Cut fudge into squares.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:22.11, Inflammation Score:-3, Nutrition Score:7.4530435554359%

Nutrients (% of daily need)

Calories: 564.34kcal (28.22%), Fat: 19.69g (30.29%), Saturated Fat: 8.45g (52.83%), Carbohydrates: 94.27g (31.42%), Net Carbohydrates: 91.3g (33.2%), Sugar: 81.36g (90.4%), Cholesterol: 12.74mg (4.25%), Sodium: 177.44mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.92mg (5.97%), Protein: 6.7g (13.4%), Manganese: 0.62mg (31.12%), Copper: 0.36mg (18.17%), Magnesium: 65.63mg (16.41%), Phosphorus: 150.44mg (15.04%), Vitamin B3: 2.41mg (12.05%), Fiber: 2.97g (11.89%), Iron: 1.7mg (9.47%), Potassium: 291.71mg (8.33%), Calcium: 77.98mg (7.8%), Zinc: 1mg (6.67%), Vitamin B2: 0.09mg (5.31%), Selenium: 3.57µg (5.1%), Folate: 20.02µg (5.01%), Vitamin B1:

0.06mg (4.18%), Vitamin B5: 0.39mg (3.93%), Vitamin B6: 0.05mg (2.73%), Vitamin A: 121.39IU (2.43%), Vitamin K:
2.05µg (1.96%), Vitamin E: 0.24mg (1.61%), Vitamin B12: 0.09µg (1.42%)