



Caramel Cashew Fudge

 Gluten Free

READY IN



25 min.

SERVINGS



80

CALORIES



79 kcal

DESSERT

Ingredients

- 2 tsp butter divided softened
- 24 caramels quartered kraft
- 0.8 cup planters cashew halves salted with pieces,
- 5 oz evaporated milk canned
- 7 oz marshmallow crème jet-puffed
- 2 cups baker's semi-sweet chocolate chunks
- 2.5 cups sugar
- 1 tsp vanilla extract

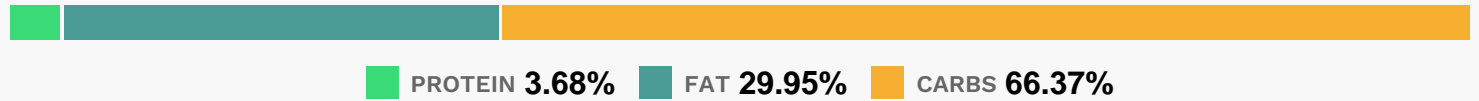
Equipment

- frying pan
- sauce pan
- baking pan

Directions

- SPRAY a 9 inch baking pan with cooking spray. Set aside.
- COMBINE milk, sugar and remaining butter in a large heavy saucepan. Cook and stir over medium heat until sugar is dissolved. Bring to a rapid boil; boil for 5 minutes, stirring constantly.
- Remove from the heat; stir in chocolate chips and marshmallow creme until melted. Fold in the caramels, cashews and vanilla.
- POUR into prepared pan. Cool. Once set, cut fudge into 1-in. squares. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:5.95, Inflammation Score:-1, Nutrition Score:1.1791304203317%

Nutrients (% of daily need)

Calories: 78.62kcal (3.93%), Fat: 2.7g (4.16%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 13.1g (4.76%), Sugar: 11.59g (12.88%), Cholesterol: 1.26mg (0.42%), Sodium: 10.68mg (0.46%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.76mg (1.25%), Protein: 0.75g (1.5%), Copper: 0.08mg (4.12%), Manganese: 0.08mg (3.94%), Magnesium: 12.18mg (3.04%), Phosphorus: 25.6mg (2.56%), Iron: 0.37mg (2.04%), Fiber: 0.39g (1.56%), Zinc: 0.21mg (1.42%), Potassium: 44.81mg (1.28%), Calcium: 12.02mg (1.2%), Selenium: 0.74µg (1.06%), Vitamin B2: 0.02mg (1.02%)