



Caramel-Chocolate Layered Fudge

 Gluten Free

READY IN



150 min.

SERVINGS



96

CALORIES



114 kcal

DESSERT

Ingredients

- 2 cups t brown sugar dark packed
- 0.3 cup butter (do not use margarine)
- 0.8 cup evaporated milk ()
- 2 cups marshmallows miniature
- 12 oz peppermint candies white (2 cups)
- 1 teaspoon vanilla
- 1 cup walnut pieces chopped
- 2 cups granulated sugar

- 0.3 cup butter (do not use margarine)
- 0.8 cup evaporated milk (remaining)
- 2 cups marshmallows miniature
- 12 oz semi chocolate chips (2 cups)
- 1 teaspoon vanilla
- 1.5 cups walnut halves

Equipment

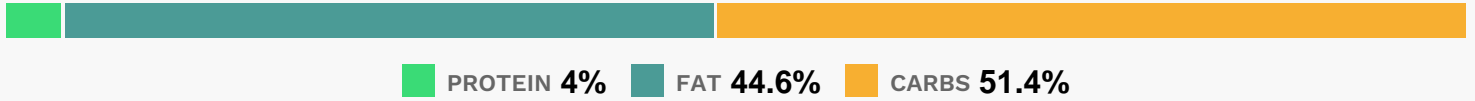
- frying pan
- sauce pan
- knife
- aluminum foil

Directions

- Line 13x9-inch pan with foil, extending foil over sides of pan; spray foil with cooking spray.
- For Caramel Fudge
- Layer, in heavy 3-quart saucepan, cook brown sugar, 1/4 cup butter and 3/4 cup evaporated milk over medium-high heat, stirring constantly, until sugar is dissolved.
- Heat to boiling, stirring constantly. Reduce heat to low; boil gently without stirring 5 minutes.
- Remove saucepan from heat. Stir in 2 cups marshmallows, the vanilla chips and 1 teaspoon vanilla; stir until marshmallows and chips are melted and mixture is smooth. Stir in chopped walnuts. Quickly spread mixture in pan. Refrigerate 30 minutes before preparing Chocolate Fudge layer.
- For Chocolate Fudge
- Layer, in heavy 3-quart saucepan, cook granulated sugar, 1/4 cup butter and 3/4 cup evaporated milk over medium-high heat, stirring constantly, until sugar is dissolved.
- Heat to boiling, stirring constantly. Reduce heat to low; boil gently without stirring 5 minutes.
- Remove saucepan from heat. Stir in 2 cups marshmallows, the chocolate chips and 1 teaspoon vanilla; stir until marshmallows and chips are melted and mixture is smooth. Beat 30 seconds with spoon until glossy. Quickly spread mixture on top of caramel fudge layer.

- Sprinkle walnut halves and pieces over fudge; press gently into fudge. Cover; refrigerate 1 hour 30 minutes.
- Remove fudge from pan by lifting foil; remove foil from sides of fudge. With long knife, cut fudge into 12 rows by 8 rows. Store in tightly covered container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.41, Glycemic Load:3.97, Inflammation Score:-1, Nutrition Score:1.5791304240246%

Flavonoids

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

Nutrients (% of daily need)

Calories: 113.83kcal (5.69%), Fat: 5.84g (8.98%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 14.64g (5.32%), Sugar: 13.6g (15.11%), Cholesterol: 1.35mg (0.45%), Sodium: 20.93mg (0.91%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.05mg (1.02%), Protein: 1.18g (2.35%), Manganese: 0.15mg (7.73%), Copper: 0.1mg (4.89%), Magnesium: 12.5mg (3.12%), Phosphorus: 28.38mg (2.84%), Calcium: 25.05mg (2.5%), Iron: 0.36mg (2%), Fiber: 0.49g (1.96%), Potassium: 52.36mg (1.5%), Zinc: 0.22mg (1.47%), Vitamin B2: 0.02mg (1.18%), Vitamin A: 54.08IU (1.08%), Vitamin B6: 0.02mg (1.08%)