



## Caramel-Chocolate Layered Fudge

 Gluten Free

READY IN



150 min.

SERVINGS



96

CALORIES



97 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter (do not use margarine)
- ☐ 2 cups t brown sugar dark packed
- ☐ 0.8 cup evaporated milk ()
- ☐ 0.8 cup evaporated milk (remaining)
- ☐ 2 cups granulated sugar
- ☐ 2 cups marshmallows miniature
- ☐ 12 oz vanilla extract white (2 cups)
- ☐ 12 oz semi chocolate chips (2 cups)

- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups walnut halves
- ☐ 1 cup walnut pieces chopped

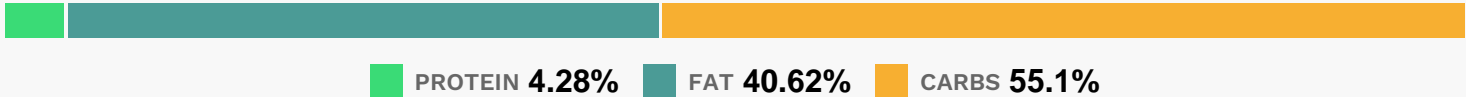
## Equipment

- ☐ 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:1.78, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:1.578695650253%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 97.11kcal (4.86%), Fat: 4.14g (6.36%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 12.13g (4.41%), Sugar: 11.43g (12.7%), Cholesterol: 1.35mg (0.45%), Sodium: 12.64mg (0.55%), Alcohol: 1.23g (100%), Alcohol %: 6.38% (100%), Caffeine: 3.05mg (1.02%), Protein: 0.98g (1.96%), Manganese: 0.16mg (8.13%), Copper: 0.1mg (4.97%), Magnesium: 12.88mg (3.22%), Phosphorus: 28.37mg (2.84%), Iron: 0.36mg (2.01%), Calcium: 19.91mg (1.99%), Fiber: 0.49g (1.95%), Potassium: 57.25mg (1.64%), Zinc: 0.22mg (1.5%), Vitamin B2: 0.02mg (1.36%), Vitamin B6: 0.02mg (1.12%)