



CARNATION® Classic Five-Minute Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



49

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.7 cup evaporated milk regular carnation®
- ☐ 1.7 cups granulated sugar
- ☐ 2 cups marshmallows miniature
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups semi-sweet chocolate chips
- ☐ 1 teaspoon vanilla

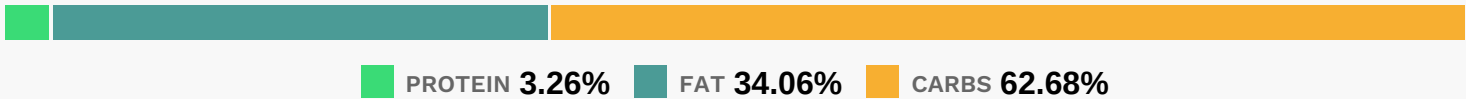
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Line 8-inch (2 L) square baking pan with waxed paper; set aside
- ☐ Combine sugar, evaporated milk, butter and salt in medium saucepan; bring to rolling boil over medium heat, stirring constantly. Boil 4 to 5 minutes or until mixture starts to thicken.
- ☐ Remove from heat. Stir in marshmallows, chocolate chips, vanilla and nuts (if desired) until marshmallows and chocolate melt and blend.
- ☐ Pour into prepared pan. Chill until set.
- ☐ Cut into 1-inch (2.5 cm) squares. Store in refrigerator in sealed container.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:5.75, Inflammation Score:-1, Nutrition Score:1.0256521625687%

Nutrients (% of daily need)

Calories: 72.66kcal (3.63%), Fat: 2.8g (4.31%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 11.17g (4.06%), Sugar: 10.29g (11.43%), Cholesterol: 2.54mg (0.85%), Sodium: 33.28mg (1.45%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Caffeine: 4.61mg (1.54%), Protein: 0.6g (1.21%), Manganese: 0.07mg (3.59%), Copper: 0.07mg (3.5%), Magnesium: 10.31mg (2.58%), Phosphorus: 21.19mg (2.12%), Iron: 0.35mg (1.96%), Fiber: 0.43g (1.72%), Calcium: 12.56mg (1.26%), Potassium: 41.26mg (1.18%), Zinc: 0.17mg (1.14%)