



Cathy's Peanut Butter Fudge

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



426 kcal

DESSERT

Ingredients

- 2 cups brown sugar packed
- 1 tablespoon butter
- 1 teaspoon cornstarch
- 1 cup creamy peanut butter
- 0.5 cup milk
- 1 teaspoon vanilla extract
- 1 tablespoon water

Equipment

frying pan

sauce pan

Directions

Grease an 8x8 inch square pan.

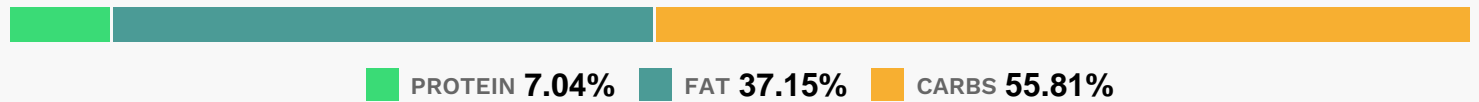
In a saucepan over medium heat, combine the brown sugar , butter and milk. cook until the mixture reaches the soft ball stage (234–240 degrees F, 112–115 degrees C).

Combine the cornstarch and water, add to the saucepan and mix well.

Remove from heat and beat for 2 minutes. Stir in the vanilla and peanut butter until thoroughly blended.

Spread batter evenly into the prepared pan. let cool, then cut into squares and enjoy!

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:1.06, Inflammation Score:-3, Nutrition Score:7.5408695314241%

Nutrients (% of daily need)

Calories: 425.62kcal (21.28%), Fat: 18.39g (28.29%), Saturated Fat: 4.44g (27.75%), Carbohydrates: 62.15g (20.72%), Net Carbohydrates: 60.6g (22.04%), Sugar: 57.53g (63.93%), Cholesterol: 5.59mg (1.86%), Sodium: 170.96mg (7.43%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 7.84g (15.68%), Manganese: 0.51mg (25.49%), Vitamin B3: 4.37mg (21.84%), Vitamin E: 2.99mg (19.91%), Magnesium: 61.4mg (15.35%), Phosphorus: 127.41mg (12.74%), Vitamin B6: 0.18mg (8.76%), Copper: 0.16mg (8.11%), Calcium: 80.75mg (8.07%), Potassium: 279.08mg (7.97%), Folate: 28.34µg (7.08%), Fiber: 1.55g (6.2%), Zinc: 0.9mg (6%), Iron: 0.95mg (5.28%), Vitamin B2: 0.08mg (4.92%), Vitamin B5: 0.47mg (4.73%), Vitamin B1: 0.05mg (3.55%), Selenium: 2.3µg (3.28%), Vitamin B12: 0.09µg (1.42%), Vitamin A: 68.44IU (1.37%), Vitamin D: 0.17µg (1.12%)