



Chai-Spiced Fudge

 Gluten Free

READY IN



12 min.

SERVINGS



5

CALORIES



974 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.7 cup evaporated milk
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 7.5 oz marshmallow fluff
- ☐ 0.3 teaspoon salt

- ☐ 2.5 cups semi chocolate chips
- ☐ 1 cup sugar
- ☐ 6 tablespoons butter unsalted cut into pieces ()

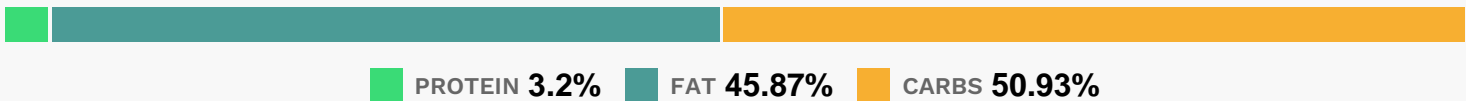
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Line an 8–inch square baking pan with heavy–duty aluminum foil, tucking it into corners and letting at least 1 inch overhang on all sides.
- ☐ Combine sugar, Marshmallow Fluff, evaporated milk, butter, cinnamon, cardamom, cloves, ginger, cayenne and salt in a medium saucepan and cook over medium heat, stirring frequently, until mixture is smooth and comes to a boil.
- ☐ Let boil for 5 minutes, stirring constantly.
- ☐ Remove saucepan from heat, add chocolate and stir until smooth.
- ☐ Transfer to baking pan and smooth with a spatula. Refrigerate until firm, about 2 hours.
- ☐ Grasp overhanging foil on either side of pan and lift fudge onto a cutting board.
- ☐ Remove foil and cut fudge into small squares to yield 32 pieces. Refrigerate in an airtight container between layers of waxed paper for up to 1 week before serving.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:27.94, Inflammation Score:-7, Nutrition Score:16.58652142079%

Nutrients (% of daily need)

Calories: 973.62kcal (48.68%), Fat: 50.82g (78.18%), Saturated Fat: 30.01g (187.57%), Carbohydrates: 126.97g (42.32%), Net Carbohydrates: 119.56g (43.48%), Sugar: 102.52g (113.91%), Cholesterol: 51.26mg (17.09%), Sodium: 163.51mg (7.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 77.4mg (25.8%), Protein: 7.98g (15.97%), Manganese: 1.36mg (67.77%), Copper: 1.14mg (56.82%), Magnesium: 167.78mg (41.94%), Iron: 5.85mg (32.48%), Phosphorus: 307.11mg (30.71%), Fiber: 7.41g (29.64%), Zinc: 2.68mg (17.88%), Potassium: 623.3mg (17.81%), Calcium: 151.28mg (15.13%), Selenium: 8.82µg (12.6%), Vitamin A: 587.53IU (11.75%), Vitamin B2: 0.17mg (9.72%), Vitamin K: 8.14µg (7.76%), Vitamin E: 1.02mg (6.79%), Vitamin B5: 0.5mg (5.05%), Vitamin B3: 0.85mg (4.25%), Vitamin B12: 0.24µg (4.07%), Vitamin B1: 0.05mg (3.08%), Vitamin B6: 0.05mg (2.6%), Vitamin D: 0.29µg (1.9%)