



Cherry Mash Candy

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



458 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 0.7 cup evaporated milk
- 1.3 cups marshmallows miniature
- 0.8 cup chunky peanut butter
- 1 cup cherry baking chips
- 1 dash salt
- 2 cups semi chocolate chips
- 1 teaspoon vanilla extract

2 cups sugar white

Equipment

frying pan

sauce pan

microwave

Directions

In a large saucepan over medium heat, stir together sugar, milk, marshmallows, butter, and salt. Simmer for 5 minutes.

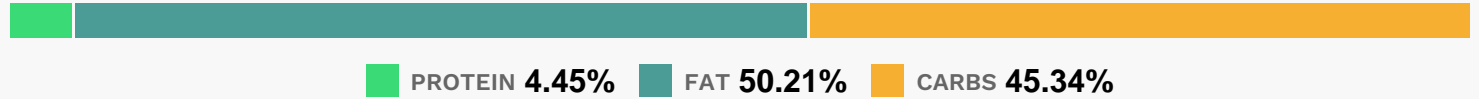
Add cherry chips and vanilla; stir until melted.

Pour mixture into a well greased 9x13 inch pan, and let cool until hard.

In a microwave, or in a saucepan over low heat, melt chocolate chips and peanut butter.

Pour over cherry mixture and spread evenly. Allow to cool before cutting.

Nutrition Facts



Properties

Glycemic Index:12.97, Glycemic Load:20.98, Inflammation Score:-4, Nutrition Score:7.3130434521514%

Nutrients (% of daily need)

Calories: 458.03kcal (22.9%), Fat: 26.46g (40.71%), Saturated Fat: 13.4g (83.73%), Carbohydrates: 53.77g (17.92%), Net Carbohydrates: 50.42g (18.33%), Sugar: 40.34g (44.82%), Cholesterol: 20.96mg (6.99%), Sodium: 124.47mg (5.41%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 20.64mg (6.88%), Protein: 5.27g (10.55%), Manganese: 0.51mg (25.49%), Copper: 0.36mg (18.08%), Magnesium: 67mg (16.75%), Fiber: 3.35g (13.39%), Iron: 2.36mg (13.12%), Phosphorus: 131.03mg (13.1%), Vitamin E: 1.51mg (10.07%), Vitamin B3: 1.95mg (9.73%), Zinc: 1.06mg (7.08%), Potassium: 245.72mg (7.02%), Calcium: 52.67mg (5.27%), Vitamin B2: 0.08mg (4.69%), Vitamin A: 227.86IU (4.56%), Selenium: 3.11µg (4.44%), Vitamin B6: 0.07mg (3.57%), Folate: 12.26µg (3.06%), Vitamin B5: 0.29mg (2.89%), Vitamin K: 2.36µg (2.25%), Vitamin B1: 0.03mg (2.08%), Vitamin B12: 0.07µg (1.23%)