



## Chocolate-Peanut Butter Fudge Squares

 Gluten Free

READY IN



45 min.

SERVINGS



60

CALORIES



82 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 3 tablespoons creamy peanut butter
- 1 cup milk
- 1 halves garnish: peanut
- 0.5 teaspoon salt
- 8 ounce semisweet chocolate squares
- 1 teaspoon shortening
- 3 cups sugar

1 teaspoon vanilla extract

## Equipment

frying pan

sauce pan

knife

hand mixer

wax paper

microwave

measuring cup

candy thermometer

## Directions

Combine first 4 ingredients in a saucepan; cook over medium heat, stirring constantly, until sugar dissolves. Cover and cook 3 minutes; uncover and cook, without stirring, until candy thermometer registers 236 (soft ball stage).

Remove from heat; add peanut butter and vanilla.

Beat at medium speed with an electric mixer until thickened; pour into a buttered 8-inch square pan. Score into 1-inch squares with a knife; cool.

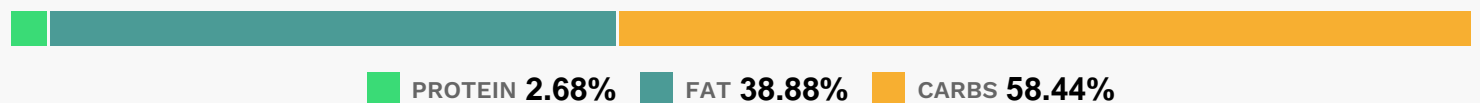
Cut into squares.

Microwave chocolate squares and shortening in a 2-cup glass measuring cup at HIGH 1 1/2 minutes or until melted, stirring twice.

Dip fudge squares into chocolate mixture; place on wax paper.

Garnish, if desired; let stand until firm.

## Nutrition Facts



## Properties

Glycemic Index:3.11, Glycemic Load:7.07, Inflammation Score:-1, Nutrition Score:0.95086957643861%

## Nutrients (% of daily need)

Calories: 82.18kcal (4.11%), Fat: 3.64g (5.61%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 11.98g (4.36%), Sugar: 11.66g (12.95%), Cholesterol: 4.78mg (1.59%), Sodium: 37.01mg (1.61%), Alcohol: 0.02g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.25mg (1.08%), Protein: 0.57g (1.13%), Manganese: 0.06mg (3.15%), Copper: 0.05mg (2.57%), Magnesium: 8.57mg (2.14%), Phosphorus: 17.17mg (1.72%), Iron: 0.26mg (1.44%), Fiber: 0.34g (1.37%), Vitamin A: 55.75IU (1.12%)