



## Chocolate Walnut Fudge

 **Gluten Free**

READY IN



**120 min.**

SERVINGS



**8**

CALORIES



**573 kcal**

DESSERT

### Ingredients

- 0.5 cup butter
- 5 ounce evaporated milk canned
- 10 large marshmallows
- 1 cup semi chocolate chips
- 1 teaspoon vanilla extract
- 1 cup walnuts chopped
- 2 cups sugar white

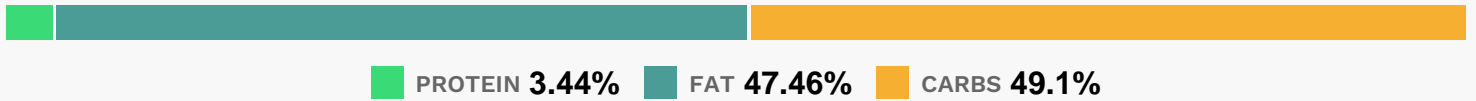
### Equipment

- frying pan
- sauce pan
- mixing bowl

## Directions

- Butter an 8x8 inch dish.
- Place butter, chocolate chips and vanilla in a mixing bowl. Set aside.
- In a medium saucepan over medium heat, combine sugar, milk and marshmallows. Bring to a boil, stirring frequently. Reduce heat to low and cook 6 minutes more, stirring constantly.
- Remove from heat.
- Pour marshmallow mixture over contents of mixing bowl. Beat entire mixture until it thickens and loses its gloss. Quickly fold in nuts and pour into prepared pan. Refrigerate several hours until firm.

## Nutrition Facts



## Properties

Glycemic Index:25.07, Glycemic Load:39.41, Inflammation Score:-4, Nutrition Score:8.2656522001261%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

## Nutrients (% of daily need)

Calories: 573.33kcal (28.67%), Fat: 31.18g (47.97%), Saturated Fat: 13.96g (87.28%), Carbohydrates: 72.56g (24.19%), Net Carbohydrates: 69.77g (25.37%), Sugar: 65.43g (72.7%), Cholesterol: 36.99mg (12.33%), Sodium: 120.09mg (5.22%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Caffeine: 19.35mg (6.45%), Protein: 5.09g (10.17%), Manganese: 0.8mg (40.12%), Copper: 0.53mg (26.43%), Magnesium: 67.48mg (16.87%), Phosphorus: 149.21mg (14.92%), Fiber: 2.79g (11.15%), Iron: 1.93mg (10.72%), Vitamin A: 411.07IU (8.22%), Zinc: 1.21mg (8.04%), Calcium: 78.75mg (7.88%), Potassium: 251.34mg (7.18%), Vitamin B2: 0.1mg (6.11%), Selenium: 3.6µg (5.15%), Vitamin B6: 0.1mg (4.79%), Vitamin B1: 0.07mg (4.42%), Folate: 16.26µg (4.07%), Vitamin E: 0.59mg (3.95%), Vitamin K: 3.11µg (2.97%), Vitamin B5: 0.28mg (2.8%), Vitamin B3: 0.4mg (2.01%), Vitamin B12: 0.09µg (1.55%)