



Christmas Butter Fudge



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



643 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 cup candied cherries finely chopped
- ☐ 2 cups milk
- ☐ 0.3 cup pistachios
- ☐ 0.3 teaspoon salt
- ☐ 4 cups sugar
- ☐ 1 teaspoon vanilla extract

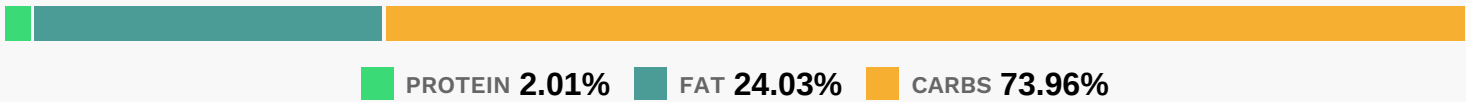
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Combine sugar, milk, butter and salt in large saucepan. Bring to a boil, stirring constantly until sugar is dissolved. Cook over medium heat, stirring occasionally, until candy thermometer reads 23
- ☐ Remove from heat immediately; set pan in cold water. Do not stir or beat until cooled to lukewarm.
- ☐ Add vanilla; beat until candy becomes thick and creamy and loses its shine. When candy begins to set, add cherries and nuts; fold in quickly.
- ☐ Pour into buttered 8" x 8" pan.
- ☐ Let stand at room temperature until firm.
- ☐ Cut into squares.Packaging instructions:Painted Box: Apply primer, then light blue paint to the outside of a small round paper maché box and lid; allow to dry. Apply self-adhesive snowflake-shaped stickers to the box. For the knob, stack and glue several white buttons to the lid.

Nutrition Facts



Properties

Glycemic Index:25.16, Glycemic Load:81.16, Inflammation Score:-3, Nutrition Score:4.082173904647%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 643.24kcal (32.16%), Fat: 17.76g (27.32%), Saturated Fat: 9.88g (61.72%), Carbohydrates: 122.96g (40.99%), Net Carbohydrates: 122.45g (44.53%), Sugar: 120.65g (134.06%), Cholesterol: 43.23mg (14.41%), Sodium: 215.04mg (9.35%), Alcohol: 0.2g (100%), Alcohol %: 0.12% (100%), Protein: 3.33g (6.67%), Vitamin A: 536.36IU (10.73%), Phosphorus: 95.86mg (9.59%), Calcium: 95.51mg (9.55%), Vitamin B2: 0.13mg (7.71%), Vitamin B12: 0.4µg (6.73%), Vitamin B6: 0.12mg (5.89%), Vitamin B1: 0.08mg (5.21%), Vitamin D: 0.77µg (5.11%), Potassium: 156.64mg (4.48%), Selenium: 2.48µg (3.54%), Magnesium: 14.08mg (3.52%), Vitamin E: 0.51mg (3.41%), Copper: 0.07mg (3.31%), Manganese: 0.06mg (3.08%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.41mg (2.73%), Fiber: 0.51g (2.03%), Iron: 0.23mg (1.3%), Vitamin K: 1.34µg (1.28%)