



Christmas Fudge Pops

 Gluten Free

READY IN



120 min.

SERVINGS



22

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 2 cups sugar
- ☐ 0.7 cup evaporated milk
- ☐ 0.5 cup butter
- ☐ 12 large marshmallows
- ☐ 1 Dash salt
- ☐ 6 oz semi chocolate chips
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup sprinkles white

- ☐ 22 you will also need: parchment paper
- ☐ 0.3 cup peppermint candies white
- ☐ 1 teaspoon shortening

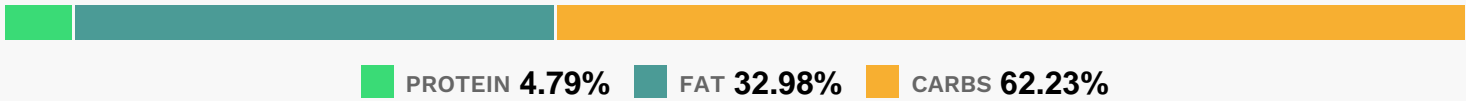
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Line 11x7-inch (2-quart) glass baking dish or 9-inch square pan with foil, extending foil 1 inch over 2 opposite sides of pan; grease foil with butter.
- ☐ In 3-quart heavy saucepan, mix sugar, milk, butter, marshmallows and salt.
- ☐ Heat to boiling over medium heat, stirring constantly. Boil 5 minutes, stirring constantly. Reduce heat to low. Stir in chocolate chips and vanilla until mixture can be stirred smooth.
- ☐ Pour into pan. Immediately sprinkle with nonpareils. Cool completely, about 1 hour.
- ☐ Use foil to lift fudge out of pan. With 2-inch Christmas tree-shaped cookie cutter, cut fudge. Insert 1 stick into bottom of each cutout. In small microwavable bowl, microwave vanilla chips and shortening on Medium (50%) 30 to 45 seconds; stir until chips can be stirred smooth.
- ☐ Drizzle over plain side of fudge.
- ☐ Let stand until set.

Nutrition Facts



Properties

Glycemic Index:8.21, Glycemic Load:14.57, Inflammation Score:-2, Nutrition Score:3.7986956182057%

Nutrients (% of daily need)

Calories: 259.16kcal (12.96%), Fat: 9.63g (14.82%), Saturated Fat: 5.96g (37.27%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 39.93g (14.52%), Sugar: 27.67g (30.74%), Cholesterol: 15.48mg (5.16%), Sodium: 157.97mg (6.87%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Caffeine: 6.65mg (2.22%), Protein: 3.14g (6.29%), Manganese: 0.23mg (11.28%), Selenium: 6.41µg (9.16%), Vitamin B1: 0.1mg (7%), Copper: 0.13mg (6.54%), Iron: 1.16mg (6.45%), Vitamin B2: 0.11mg (6.19%), Vitamin B3: 1.12mg (5.58%), Phosphorus: 52.55mg (5.25%), Magnesium: 19.44mg (4.86%), Folate: 17.14µg (4.29%), Calcium: 40.59mg (4.06%), Fiber: 0.96g (3.86%), Vitamin A: 153.7IU (3.07%), Zinc: 0.41mg (2.71%), Potassium: 84.62mg (2.42%), Vitamin E: 0.19mg (1.28%), Vitamin K: 1.08µg (1.03%)