



Creamy Eggnog Fudge



Gluten Free



Popular

READY IN



20 min.

SERVINGS



8

CALORIES



698 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter
- ☐ 0.7 cup eggnog
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground nutmeg
- ☐ 7 ounce marshmallow creme
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped
- ☐ 12 ounces chocolate white chopped

☐ 2 cups sugar white

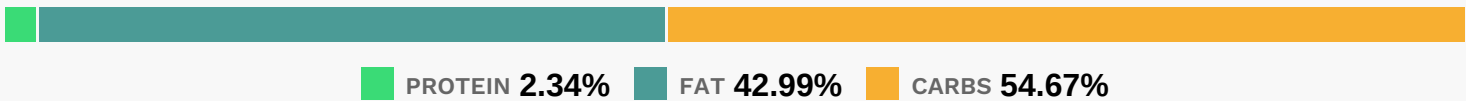
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ candy thermometer

Directions

- ☐ Grease a 9 inch square pan and set aside.
- ☐ Combine the sugar, butter, eggnog, nutmeg, and cinnamon in a large saucepan. Bring to a boil, stirring occasionally to melt the butter. Once the mixture reaches a rolling boil, stop stirring, and clip a candy thermometer onto the pan.
- ☐ Heat mixture to 235 degrees F (113 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- ☐ Remove the pan from the heat and stir in the white chocolate pieces, marshmallow cream, vanilla, and walnuts. Beat the mixture with a wooden spoon until fluffy and it starts to lose its gloss. Spoon into the prepared pan, spreading evenly. Cool completely, then cut into small squares for serving.

Nutrition Facts



Properties

Glycemic Index:42.51, Glycemic Load:53.57, Inflammation Score:-3, Nutrition Score:5.1134782148444%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 697.92kcal (34.9%), Fat: 34.53g (53.12%), Saturated Fat: 20.09g (125.57%), Carbohydrates: 98.79g (32.93%), Net Carbohydrates: 98.22g (35.72%), Sugar: 92.27g (102.52%), Cholesterol: 67.17mg (22.39%), Sodium: 187.26mg (8.14%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 4.24g (8.47%), Calcium: 124.81mg

(12.48%), Vitamin A: 590.16IU (11.8%), Phosphorus: 116.93mg (11.69%), Vitamin B2: 0.18mg (10.78%), Manganese: 0.19mg (9.53%), Vitamin E: 0.98mg (6.52%), Vitamin B12: 0.37µg (6.16%), Vitamin K: 5.6µg (5.33%), Potassium: 182.34mg (5.21%), Selenium: 3.51µg (5.01%), Copper: 0.1mg (4.81%), Magnesium: 16.45mg (4.11%), Vitamin B5: 0.39mg (3.92%), Zinc: 0.57mg (3.77%), Vitamin B1: 0.05mg (3.29%), Vitamin B6: 0.06mg (2.8%), Fiber: 0.57g (2.27%), Vitamin B3: 0.4mg (2%), Folate: 7.8µg (1.95%), Iron: 0.32mg (1.76%), Vitamin D: 0.25µg (1.69%)