



Creamy Peanut Butter Fudge

 Gluten Free

READY IN



50 min.

SERVINGS



15

CALORIES



569 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1 cup brown sugar light
- ☐ 7 ounce marshmallow crème
- ☐ 16 ounce peanut butter
- ☐ 1 teaspoon vanilla extract
- ☐ 4 cups sugar white

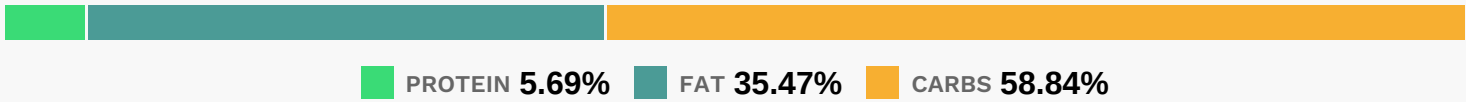
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Grease a 9x13 inch baking dish.
- ☐ In a medium saucepan over medium heat, combine sugar, brown sugar, butter and evaporated milk. Bring to a boil, stirring constantly, and boil for 7 minutes.
- ☐ Remove from heat; stir in marshmallow creme until well incorporated and melted. Stir in peanut butter and vanilla until smooth; spread in prepared pan.
- ☐ Let cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:8.94, Glycemic Load:37.98, Inflammation Score:-4, Nutrition Score:7.6173913517724%

Nutrients (% of daily need)

Calories: 569.3kcal (28.47%), Fat: 23.55g (36.23%), Saturated Fat: 8.03g (50.18%), Carbohydrates: 87.91g (29.3%), Net Carbohydrates: 86.46g (31.44%), Sugar: 81.18g (90.2%), Cholesterol: 23.13mg (7.71%), Sodium: 208.12mg (9.05%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 8.5g (16.99%), Manganese: 0.46mg (22.84%), Vitamin B3: 4.09mg (20.44%), Vitamin E: 2.97mg (19.79%), Phosphorus: 152.95mg (15.3%), Magnesium: 58.29mg (14.57%), Calcium: 91.11mg (9.11%), Vitamin B2: 0.15mg (8.56%), Vitamin B6: 0.15mg (7.62%), Potassium: 265.01mg (7.57%), Copper: 0.14mg (7.08%), Folate: 28.27µg (7.07%), Zinc: 0.97mg (6.45%), Fiber: 1.45g (5.81%), Vitamin B5: 0.5mg (4.99%), Vitamin A: 245.63IU (4.91%), Iron: 0.7mg (3.89%), Vitamin B1: 0.05mg (3.55%), Selenium: 2.36µg (3.37%)