



Dark Shadow Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



874 kcal

DESSERT

Ingredients

- ☐ 1.5 cups butter
- ☐ 12 ounce evaporated milk canned
- ☐ 15 servings halloween candies
- ☐ 13 ounce marshmallow crème
- ☐ 2 cups pecans chopped
- ☐ 18 oz semi-sweet chocolate chips
- ☐ 4.5 cups sugar
- ☐ 1 teaspoon vanilla extract

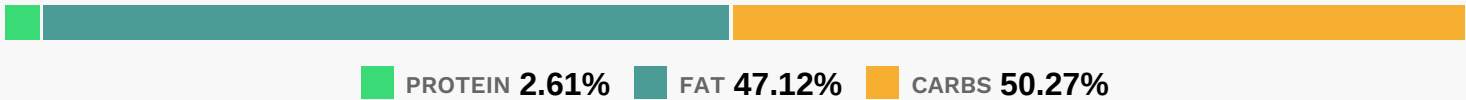
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large, heavy saucepan over medium-high heat, combine sugar, butter or margarine and evaporated milk. Bring to a rolling boil; boil for 5 minutes, stirring constantly.
- ☐ Remove from heat; add remainng ingredients. Stir until smooth and chocolate is melted except Halloween candies.
- ☐ Pour into a greased 15" x 10" jelly-roll pan.
- ☐ Let stand overnight, or until firm.
- ☐ Cut into one-inch squares. Decorate with Halloween candies.

Nutrition Facts



Properties

Glycemic Index:5.34, Glycemic Load:41.95, Inflammation Score:-7, Nutrition Score:11.090869500585%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg

Nutrients (% of daily need)

Calories: 873.97kcal (43.7%), Fat: 47.18g (72.59%), Saturated Fat: 15.4g (96.22%), Carbohydrates: 113.27g (37.76%), Net Carbohydrates: 108.75g (39.55%), Sugar: 99.75g (110.83%), Cholesterol: 10.87mg (3.62%), Sodium: 252.33mg (10.97%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Caffeine: 29.26mg (9.75%), Protein: 5.88g (11.76%), Manganese: 1.11mg (55.46%), Copper: 0.61mg (30.35%), Magnesium: 83.62mg (20.9%), Vitamin A: 924.93IU (18.5%), Fiber: 4.52g (18.09%), Phosphorus: 179.98mg (18%), Iron: 2.78mg (15.42%), Zinc: 1.74mg (11.61%), Calcium: 115.3mg (11.53%), Potassium: 332.32mg (9.49%), Vitamin B1: 0.12mg (7.98%), Vitamin E: 1.14mg (7.63%), Vitamin B2: 0.13mg

(7.49%), Selenium: 4.29µg (6.13%), Vitamin B5: 0.39mg (3.91%), Vitamin K: 3.09µg (2.95%), Vitamin B6: 0.06mg (2.78%), Vitamin B3: 0.51mg (2.53%), Vitamin B12: 0.12µg (2%), Folate: 5.24µg (1.31%)