



Deep Dark Fudge with Candied Ginger

 Gluten Free

READY IN



13 min.

SERVINGS



5

CALORIES



694 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.7 cups cacao bittersweet chocolate morsels 60% with ghirardelli
- ☐ 3 tablespoons crystallized ginger minced
- ☐ 5 oz evaporated milk canned
- ☐ 2 cups marshmallows miniature
- ☐ 0.1 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 1 teaspoon vanilla extract

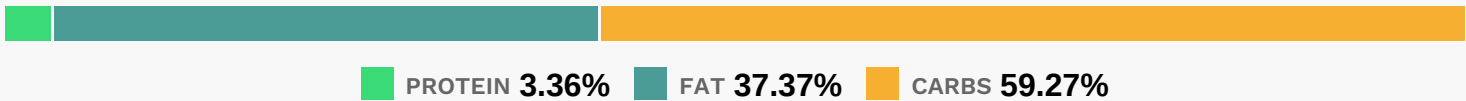
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Line a lightly greased 8" square pan with nonstick aluminum foil; set aside.
- ☐ Combine first 4 ingredients in a medium-size heavy saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil; boil 4 minutes, stirring constantly.
- ☐ Remove from heat.
- ☐ Add marshmallows, wasabi paste, if desired, plus chocolate morsels, and vanilla. Beat by hand with a wooden spoon until melted and smooth.
- ☐ Spread fudge into prepared pan.
- ☐ Sprinkle top with crystallized ginger, and press lightly into fudge. Refrigerate 2 hours or until firm.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:36.12, Glycemic Load:44.73, Inflammation Score:-5, Nutrition Score:10.633478195771%

Nutrients (% of daily need)

Calories: 693.85kcal (34.69%), Fat: 29.23g (44.97%), Saturated Fat: 17.04g (106.52%), Carbohydrates: 104.32g (34.77%), Net Carbohydrates: 99.63g (36.23%), Sugar: 90.33g (100.37%), Cholesterol: 23.76mg (7.92%), Sodium: 147.51mg (6.41%), Alcohol: 0.28g (100%), Alcohol %: 0.21% (100%), Caffeine: 50.17mg (16.72%), Protein: 5.91g (11.82%), Manganese: 0.78mg (39.01%), Copper: 0.76mg (37.8%), Magnesium: 110.08mg (27.52%), Phosphorus: 212.21mg (21.22%), Iron: 3.81mg (21.19%), Fiber: 4.69g (18.75%), Potassium: 421.19mg (12.03%), Zinc: 1.78mg (11.89%), Calcium: 112.73mg (11.27%), Selenium: 6.25µg (8.93%), Vitamin B2: 0.13mg (7.68%), Vitamin A: 236.87IU (4.74%),

Vitamin K: 4.76µg (4.54%), Vitamin B5: 0.36mg (3.63%), Vitamin E: 0.52mg (3.46%), Vitamin B3: 0.57mg (2.83%),
Vitamin B12: 0.16µg (2.66%), Vitamin B1: 0.03mg (2.17%), Vitamin B6: 0.04mg (1.75%)