



WHATSheATE



Easiest Peanut Butter Fudge



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



696 kcal

DESSERT

Ingredients

- ☐ 2.3 cups brown sugar
- ☐ 0.5 cup butter
- ☐ 3.5 cups confectioners' sugar
- ☐ 0.5 cup milk
- ☐ 0.8 cup peanut butter
- ☐ 1 teaspoon vanilla extract

Equipment

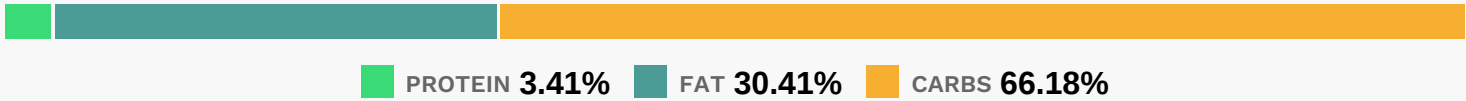
- ☐ sauce pan

☐ mixing bowl

Directions

- ☐ Melt butter in a medium saucepan over medium heat. Stir in brown sugar and milk. Bring to a boil and boil for 2 minutes, stirring frequently.
- ☐ Remove from heat. Stir in peanut butter and vanilla.
- ☐ Pour over confectioners' sugar in a large mixing bowl. Beat until smooth; pour into an 8x8 inch dish. Chill until firm and cut into squares.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:6.6130434585654%

Nutrients (% of daily need)

Calories: 696.06kcal (34.8%), Fat: 24.35g (37.47%), Saturated Fat: 10.02g (62.62%), Carbohydrates: 119.27g (39.76%), Net Carbohydrates: 118.11g (42.95%), Sugar: 114.71g (127.45%), Cholesterol: 32.33mg (10.78%), Sodium: 219.21mg (9.53%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 6.14g (12.28%), Manganese: 0.4mg (19.9%), Vitamin E: 2.54mg (16.94%), Vitamin B3: 3.31mg (16.55%), Magnesium: 48.62mg (12.15%), Phosphorus: 103.31mg (10.33%), Calcium: 85.95mg (8.6%), Vitamin A: 379.25IU (7.59%), Vitamin B6: 0.14mg (7.13%), Potassium: 246.78mg (7.05%), Copper: 0.13mg (6.74%), Folate: 21.85µg (5.46%), Iron: 0.89mg (4.96%), Vitamin B2: 0.08mg (4.85%), Zinc: 0.71mg (4.76%), Fiber: 1.16g (4.64%), Vitamin B5: 0.41mg (4.11%), Selenium: 2.48µg (3.54%), Vitamin B1: 0.04mg (2.85%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.17µg (1.12%), Vitamin K: 1.11µg (1.06%)