



Easy “Fantasy” Fudge



Gluten Free



Popular

READY IN



260 min.

SERVINGS



9

CALORIES



864 kcal

DESSERT

Ingredients

- ☐ 3 cups granulated sugar
- ☐ 0.8 cup butter unsalted
- ☐ 0.7 cup evaporated milk
- ☐ 1 pound block chocolate up chopped
- ☐ 7 oz marshmallow crème
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

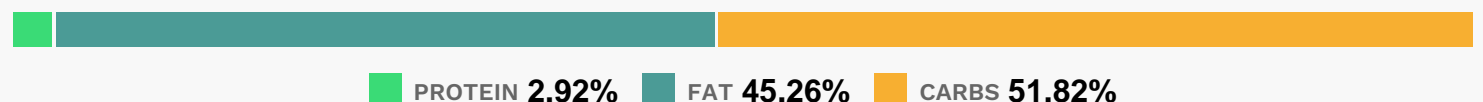
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula
- ☐ kitchen timer
- ☐ candy thermometer

Directions

- ☐ Prep baking pan and assemble ingredients: Prepare everything in advance and have ready to go — chopped chocolate, chopped nuts, the marshmallow cream already out of the jar and in a bowl that you can easily scrape out with a rubber spatula.
- ☐ Line a 13"x9"x2" baking pan with foil, butter the inside.
- ☐ Boil sugar, butter, milk for 4 minutes: In a 3-quart, thick-bottomed saucepan, bring sugar, butter, and milk to a rolling boil on medium heat, stirring constantly once the mixture begins to bubble.
- ☐ Once the mixture reaches a boil, set your timer to 4 minutes. You will want to remove the mixture from the heat once it reaches 234°F on a candy thermometer (234°F at sea-level, adjust for altitude) which should take about 4 minutes. If you don't have a candy thermometer, just go with the four minutes.
- ☐ Remove from heat. Quickly stir in chocolate and marshmallow creme.
- ☐ Stir in vanilla and walnuts: Once the chocolate and marshmallow creme have melted and are well mixed, stir in the vanilla and then the walnuts.
- ☐ Pour into prepared pan.
- ☐ Cool to room temperature before slicing (about 4 hours). You may want to chill in the refrigerator to get it more firm.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:46.72, Inflammation Score:-6, Nutrition Score:12.39347841947%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg

Nutrients (% of daily need)

Calories: 863.52kcal (43.18%), Fat: 44.75g (68.85%), Saturated Fat: 22.47g (140.47%), Carbohydrates: 115.28g (38.43%), Net Carbohydrates: 110.38g (40.14%), Sugar: 100.88g (112.08%), Cholesterol: 49.11mg (16.37%), Sodium: 27.87mg (1.21%), Alcohol: 0.15g (100%), Alcohol %: 0.1% (100%), Caffeine: 43.34mg (14.45%), Protein: 6.49g (12.99%), Manganese: 1.12mg (55.86%), Copper: 0.85mg (42.33%), Magnesium: 114.15mg (28.54%), Phosphorus: 218.48mg (21.85%), Iron: 3.64mg (20.2%), Fiber: 4.9g (19.61%), Zinc: 1.91mg (12.7%), Potassium: 406.18mg (11.61%), Vitamin A: 545.14IU (10.9%), Calcium: 97.96mg (9.8%), Selenium: 5.89µg (8.41%), Vitamin B2: 0.12mg (7.22%), Vitamin E: 0.86mg (5.71%), Vitamin K: 5.42µg (5.16%), Vitamin B6: 0.1mg (4.85%), Vitamin B1: 0.07mg (4.68%), Folate: 14.8µg (3.7%), Vitamin B5: 0.37mg (3.65%), Vitamin B3: 0.61mg (3.07%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.3µg (2.02%)