



Easy Peanut Butter Fudge

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



113 kcal

DESSERT

Ingredients

- ☐ 1 pound confectioners' sugar
- ☐ 6 tablespoons milk
- ☐ 0.5 cup peanut butter
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

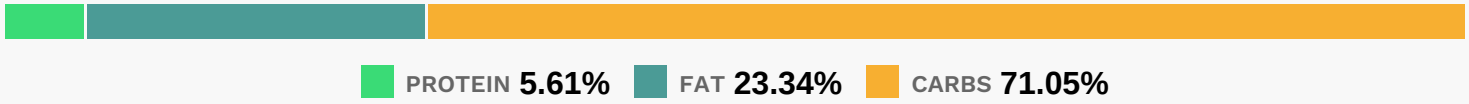
Equipment

- ☐ frying pan
- ☐ wax paper

Directions

- ☐
- Line a 8x8 inch square pan with wax paper.
- ☐
- Combine the confectioners' sugar, peanut butter, cocoa, milk and vanilla together and mix until smooth. Chill until firm then cut into squares.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.9543478281602%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 112.9kcal (5.65%), Fat: 3.11g (4.79%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 20.39g (7.42%), Sugar: 19.3g (21.45%), Cholesterol: 0.45mg (0.15%), Sodium: 25.27mg (1.1%), Alcohol: 0.11g (100%), Alcohol %: 0.48% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.68g (3.37%), Manganese: 0.15mg (7.46%), Magnesium: 18.51mg (4.63%), Copper: 0.09mg (4.6%), Vitamin B3: 0.76mg (3.8%), Fiber: 0.92g (3.68%), Phosphorus: 35.18mg (3.52%), Vitamin E: 0.49mg (3.29%), Iron: 0.35mg (1.97%), Zinc: 0.28mg (1.84%), Potassium: 64.04mg (1.83%), Vitamin B6: 0.03mg (1.42%), Vitamin B2: 0.02mg (1.39%), Folate: 5.2µg (1.3%)