



Extra Work Peanut Butter Fudge

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



507 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 12 fluid ounce evaporated milk canned
- 1 cup peanut butter
- 1 teaspoon vanilla extract
- 2.5 cups sugar white

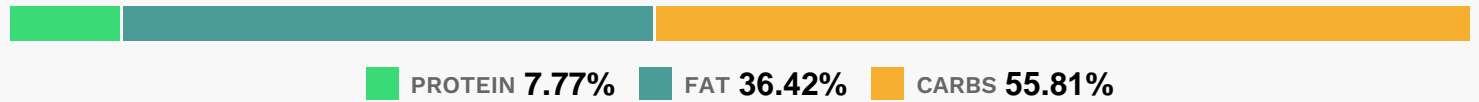
Equipment

- frying pan
- pot

Directions

- Spray a 9x9-inch pan with cooking spray.
- Mix evaporated milk and sugar together in a large, heavy-bottomed pot over medium-high heat. Bring mixture to a boil, stirring constantly, until syrup reaches 234 degrees F (110 degrees C), 5 to 7 minutes. A teaspoon of hot syrup dropped into a glass of cold water should form a soft ball of candy.
- Remove from heat and immediately stir in peanut butter, butter, and vanilla extract. Stir constantly until fudge is smooth and thick.
- Pour fudge into prepared pan.
- Let cool before slicing into squares.

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:44.42, Inflammation Score:-4, Nutrition Score:8.6617390915104%

Nutrients (% of daily need)

Calories: 507.02kcal (25.35%), Fat: 21.45g (33%), Saturated Fat: 6.19g (38.71%), Carbohydrates: 73.96g (24.65%), Net Carbohydrates: 72.41g (26.33%), Sugar: 70.28g (78.09%), Cholesterol: 16.63mg (5.54%), Sodium: 197.29mg (8.58%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 10.29g (20.58%), Manganese: 0.48mg (23.95%), Vitamin B3: 4.38mg (21.89%), Vitamin E: 3.05mg (20.33%), Phosphorus: 199.82mg (19.98%), Magnesium: 65.24mg (16.31%), Calcium: 132.67mg (13.27%), Vitamin B2: 0.21mg (12.63%), Potassium: 318.7mg (9.11%), Vitamin B6: 0.17mg (8.28%), Folate: 31.34µg (7.83%), Zinc: 1.17mg (7.79%), Copper: 0.15mg (7.36%), Vitamin B5: 0.63mg (6.27%), Fiber: 1.55g (6.19%), Vitamin B1: 0.07mg (4.37%), Selenium: 2.73µg (3.91%), Iron: 0.67mg (3.75%), Vitamin A: 149.74IU (2.99%), Vitamin B12: 0.07µg (1.23%), Vitamin C: 0.84mg (1.02%)