

Fantasy Fudge

 Gluten Free

READY IN



25 min.

SERVINGS



9

CALORIES



743 kcal

DESSERT

Ingredients

- 0.8 cup butter
- 5 ounce evaporated milk sweetened canned (Do not use condensed milk.)
- 7 ounce marshmallow crème jet-puffed
- 8 ounce baker's semi-sweet baking chocolate chopped
- 3 cups sugar
- 1 teaspoon vanilla
- 1 cup planters walnuts chopped

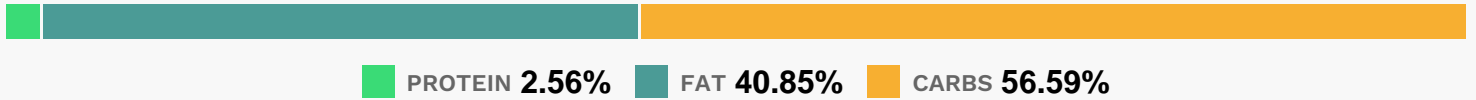
Equipment

- frying pan
- sauce pan
- aluminum foil
- candy thermometer

Directions

- Line 9-inch square pan with foil, with ends of foil extending over sides of pan; set aside.
- Place sugar, butter and evaporated milk in large heavy saucepan. Bring to full rolling boil on medium heat, stirring constantly. Boil 4 minutes or until candy thermometer reaches 234 degrees F, stirring constantly to prevent scorching.
- Remove from heat.
- Add chocolate and marshmallow creme; stir until completely melted.
- Add walnuts and vanilla; mix well.
- Pour immediately into prepared pan; spread to form even layer in pan.
- Let stand at room temperature 4 hours or until completely cooled; cut into 1-inch squares. Store in tightly covered container at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.79, Glycemic Load:51.95, Inflammation Score:-6, Nutrition Score:8.8247825872639%

Flavonoids

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

Nutrients (% of daily need)

Calories: 743.35kcal (37.17%), Fat: 34.94g (53.76%), Saturated Fat: 10.37g (64.83%), Carbohydrates: 108.93g (36.31%), Net Carbohydrates: 106.04g (38.56%), Sugar: 98.31g (109.23%), Cholesterol: 6.87mg (2.29%), Sodium: 201.87mg (8.78%), Alcohol: 0.15g (100%), Alcohol %: 0.12% (100%), Caffeine: 21.67mg (7.22%), Protein: 4.93g (9.87%), Manganese: 0.78mg (39.12%), Copper: 0.53mg (26.43%), Magnesium: 69.61mg (17.4%), Phosphorus: 154.72mg (15.47%), Vitamin A: 733.9IU (14.68%), Fiber: 2.89g (11.55%), Iron: 2.03mg (11.3%), Zinc: 1.22mg (8.16%), Calcium: 79.48mg (7.95%), Selenium: 5.48µg (7.84%), Potassium: 268.58mg (7.67%), Vitamin B2: 0.12mg (6.91%), Vitamin E: 0.85mg (5.68%), Vitamin B1: 0.07mg (4.57%), Vitamin B6: 0.09mg (4.41%), Folate: 14.66µg (3.67%),

Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.13µg (2.23%), Vitamin K: 2.26µg (2.15%), Vitamin B3: 0.4mg (1.98%)