



Five Pounds of Chocolate Fudge

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



1232 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 10 servings butter
- ☐ 12 ounce evaporated milk canned
- ☐ 7 ounce marshmallow creme
- ☐ 1.5 cups pecans toasted chopped
- ☐ 24 ounce semisweet chocolate morsels
- ☐ 4.5 cups sugar
- ☐ 2 tablespoons vanilla extract

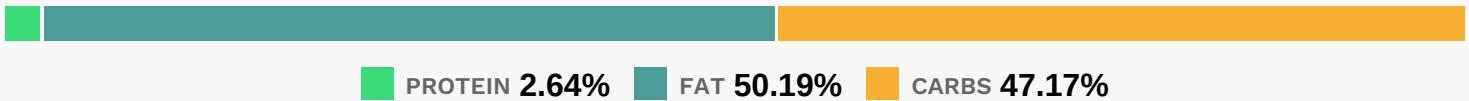
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ hand mixer
- ☐ wooden spoon
- ☐ dutch oven
- ☐ candy thermometer

Directions

- ☐ Combine first 3 ingredients in a large mixing bowl; set aside.
- ☐ Combine sugar and evaporated milk in a buttered Dutch oven.
- ☐ Cook sugar mixture over medium heat, stirring constantly, until mixture reaches soft ball stage or candy thermometer registers 234; pour over chocolate mixture. Beat at high speed with an electric mixer or with a wooden spoon until mixture thickens and begins to lose its gloss. Stir in vanilla and chopped pecans.
- ☐ Spread into a buttered 15- x 10-inch jellyroll pan. Cover and chill until firm.
- ☐ Cut into 1-inch squares. Store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:62.9, Inflammation Score:-8, Nutrition Score:17.719999945034%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

Nutrients (% of daily need)

Calories: 1231.83kcal (61.59%), Fat: 70.24g (108.07%), Saturated Fat: 23.69g (148.07%), Carbohydrates: 148.52g (49.51%), Net Carbohydrates: 141.51g (51.46%), Sugar: 131.4g (145.99%), Cholesterol: 13.95mg (4.65%), Sodium: 390.08mg (16.96%), Alcohol: 0.89g (100%), Alcohol %: 0.42% (100%), Caffeine: 58.51mg (19.5%), Protein: 8.31g (16.62%), Manganese: 1.65mg (82.44%), Copper: 1.06mg (52.95%), Magnesium: 149.11mg (37.28%), Phosphorus: 299.85mg (29.98%), Vitamin A: 1437.24IU (28.74%), Fiber: 7.01g (28.05%), Iron: 4.83mg (26.81%), Zinc: 2.82mg (18.78%), Potassium: 576.96mg (16.48%), Calcium: 154.62mg (15.46%), Vitamin E: 1.82mg (12.15%), Vitamin B2: 0.2mg (11.48%), Selenium: 7.66µg (10.94%), Vitamin B1: 0.15mg (9.98%), Vitamin B5: 0.59mg (5.94%), Vitamin K: 5.68µg (5.4%), Vitamin B3: 0.85mg (4.23%), Vitamin B6: 0.08mg (3.92%), Vitamin B12: 0.21µg (3.56%), Folate: 6.69µg (1.67%), Vitamin C: 0.9mg (1.09%)