



## Flawless Chocolate Fudge

 Gluten Free

READY IN



60 min.

SERVINGS



16

CALORIES



291 kcal

DESSERT

### Ingredients

- 2 teaspoons butter
- 0.8 cup evaporated milk fat free
- 0.8 teaspoon kosher salt
- 7 ounces marshmallow creme
- 12 ounces semi chocolate chips
- 2.3 cups sugar
- 0.8 teaspoon vanilla extract

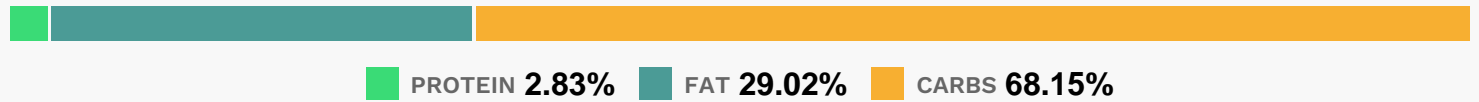
### Equipment

frying pan

## Directions

- Combine first five ingredients, stirring over low heat until blended. Bring to a boil over moderate heat being careful not to mistake air bubbles for boiling. (VERY IMPORTANT) Boil slowly, stirring constantly for a full 5 minutes. (Also very important!).
- Remove from heat and stir in vanilla and chocolate until chocolate is melted. Stir in nuts if needed. Turn into a 9 x 9 inch pan that has been sprayed with butter flavored cooking spray and cool completely.

## Nutrition Facts



## Properties

Glycemic Index: 7.51, Glycemic Load: 19.63, Inflammation Score: -2, Nutrition Score: 3.8708695652174%

## Taste

Sweetness: 100%, Saltiness: 0.67%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 21.55%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 290.56kcal (14.53%), Fat: 9.64g (14.82%), Saturated Fat: 5.55g (34.67%), Carbohydrates: 50.91g (16.97%), Net Carbohydrates: 49.21g (17.89%), Sugar: 44.71g (49.68%), Cholesterol: 6.05mg (2.02%), Sodium: 127.97mg (5.56%), Caffeine: 18.29mg (6.1%), Protein: 2.11g (4.22%), Manganese: 0.28mg (14.21%), Copper: 0.27mg (13.47%), Magnesium: 40.29mg (10.07%), Phosphorus: 79.42mg (7.94%), Iron: 1.38mg (7.68%), Fiber: 1.7g (6.8%), Potassium: 157.36mg (4.5%), Calcium: 44.53mg (4.45%), Zinc: 0.66mg (4.39%), Selenium: 2.23µg (3.19%), Vitamin B2: 0.05mg (3.15%), Vitamin K: 1.65µg (1.57%), Vitamin B5: 0.14mg (1.4%), Vitamin A: 54.48IU (1.09%), Vitamin E: 0.16mg (1.06%), Vitamin B3: 0.2mg (1.01%)