

Fudge of the Irish

 Gluten Free

READY IN



225 min.

SERVINGS



32

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 2.3 cups confectioners' sugar sifted
- ☐ 0.5 cup evaporated milk
- ☐ 0.3 cup irish cream liqueur
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup butter unsalted room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ baking pan
- ☐ stand mixer
- ☐ candy thermometer

Directions

- ☐ Grease an 8-inch square baking pan and line with 2 pieces of parchment paper about 14 inches long; allow the ends of the paper to hang over the sides of the pan by several inches.
- ☐ Stir evaporated milk, light brown sugar, white sugar, unsalted butter, and salt in a heavy saucepan over medium heat until the mixture forms a thick, smooth syrup.
- ☐ Bring to a boil, reduce heat to medium-low, and cook until a candy thermometer inserted into the center of the boiling syrup without touching the bottom of the pan reads 238 degrees F (112 degrees C), 20 to 30 minutes. Stir often. Candy temperature will rise slowly at first, then more quickly as temperature increases; watch carefully.
- ☐ Remove saucepan from heat and stir in the Irish cream liqueur and vanilla extract until thoroughly combined.
- ☐ Scrape the mixture into the work bowl of a large stand mixer fitted with beaters; set the machine on low speed and mix in confectioners' sugar in 3 additions, allowing the sugar to blend in completely before adding the next addition. Scrape down the bowl frequently and mix fudge until completely smooth, about 2 minutes.
- ☐ Scrape fudge into the prepared baking pan and place on a level surface to cool and set up, 3 to 5 hours.
- ☐ Use the parchment paper ends as handles to lift the fudge out of the baking pan before slicing into cubes for serving.

Nutrition Facts



 PROTEIN **1.12%**  FAT **32.62%**  CARBS **66.26%**

Properties

Glycemic Index:2.19, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:0.54173912302307%

Nutrients (% of daily need)

Calories: 132.86kcal (6.64%), Fat: 4.87g (7.5%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 22.27g (8.1%), Sugar: 21.94g (24.38%), Cholesterol: 12.58mg (4.19%), Sodium: 25.1mg (1.09%), Alcohol: 0.29g (100%), Alcohol %: 1.13% (100%), Protein: 0.38g (0.75%), Vitamin A: 142.37IU (2.85%), Calcium: 17.43mg (1.74%), Vitamin B2: 0.02mg (1.01%)