



Gluten-Free Rocky Road Fudge

 Gluten Free

READY IN



195 min.

SERVINGS



64

CALORIES



68 kcal

DESSERT

Ingredients

- 12 oz semi chocolate chips (2 cups)
- 16 oz chocolate frosting
- 1.5 tablespoons milk
- 1 teaspoon vanilla
- 1 cup marshmallows miniature
- 0.5 cup walnut pieces chopped

Equipment

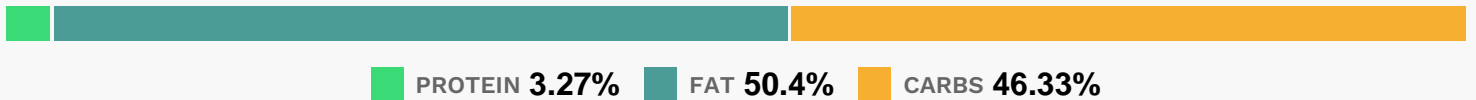
- bowl

- frying pan
- aluminum foil
- microwave

Directions

- Line 8- or 9-inch square pan with foil so foil extends about 2 inches over sides of pan. Lightly spray foil with cooking spray.
- In large microwavable bowl, microwave chocolate chips uncovered on High 1 minute. Stir until melted. If necessary, microwave 10 to 20 seconds longer or until chocolate can be stirred smooth.
- Microwave frosting uncovered on High 20 seconds. Stir into melted chocolate chips.
- Add milk and vanilla; stir at least 20 strokes with spoon until smooth and creamy. Stir in marshmallows and walnuts.
- Spread in pan. Refrigerate about 3 hours or until firm.
- Remove fudge from pan by lifting foil; remove foil.
- Cut 8 rows by 8 rows to make squares. Store tightly covered in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:1.2391304257123%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg

Nutrients (% of daily need)

Calories: 67.77kcal (3.39%), Fat: 3.89g (5.99%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.5g (2.73%), Sugar: 6.54g (7.27%), Cholesterol: 0.36mg (0.12%), Sodium: 14.28mg (0.62%), Alcohol: 0.02g (100%), Alcohol %: 0.19% (100%), Caffeine: 4.71mg (1.57%), Protein: 0.57g (1.14%), Manganese: 0.12mg (5.94%), Copper: 0.1mg (4.79%), Magnesium: 12.35mg (3.09%), Iron: 0.47mg (2.58%), Phosphorus: 23mg (2.3%), Fiber: 0.55g (2.2%), Potassium: 48.72mg (1.39%), Zinc: 0.19mg (1.28%)