



Gramma's Easy Peanut Butter Fudge

 Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



425 kcal

DESSERT

Ingredients

- ☐ 2 pounds brown sugar
- ☐ 0.3 cup butter
- ☐ 1.3 cups milk
- ☐ 1.5 cups peanut butter
- ☐ 1 teaspoon vanilla extract

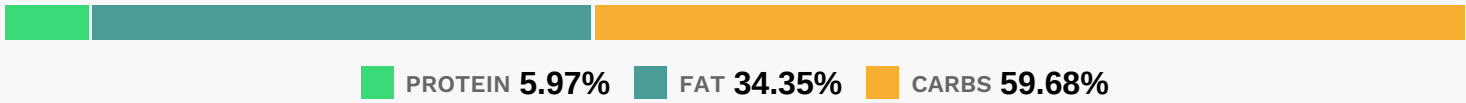
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan over medium heat, combine milk and sugar.
- ☐ Heat to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- ☐ Remove from the heat and stir in margarine, peanut butter and vanilla. Quickly spread into a 9x13 inch dish. Allow to cool almost completely before cutting into squares. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:1.02, Inflammation Score:-3, Nutrition Score:6.6760870176975%

Nutrients (% of daily need)

Calories: 424.83kcal (21.24%), Fat: 16.92g (26.04%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 66.16g (22.05%), Net Carbohydrates: 64.93g (23.61%), Sugar: 62.45g (69.39%), Cholesterol: 2.6mg (0.87%), Sodium: 171.56mg (7.46%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 6.62g (13.25%), Manganese: 0.42mg (20.92%), Vitamin B3: 3.52mg (17.61%), Vitamin E: 2.48mg (16.52%), Magnesium: 51.79mg (12.95%), Phosphorus: 112.67mg (11.27%), Calcium: 90.68mg (9.07%), Vitamin B6: 0.15mg (7.65%), Potassium: 260.47mg (7.44%), Copper: 0.14mg (6.86%), Folate: 22.83µg (5.71%), Zinc: 0.76mg (5.08%), Fiber: 1.24g (4.95%), Iron: 0.88mg (4.87%), Vitamin B2: 0.08mg (4.76%), Vitamin B5: 0.44mg (4.37%), Vitamin A: 170.47IU (3.41%), Vitamin B1: 0.05mg (3.21%), Selenium: 2.2µg (3.14%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.24µg (1.59%)