



Grandma Strait's Fudge

 **Gluten Free**

READY IN



45 min.

SERVINGS



3

CALORIES



2809 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 7 ounce marshmallow crème
- 0.8 cup pecans chopped
- 2 cups semi chocolate chips
- 14 ounce condensed milk sweetened canned
- 4 cups sugar white

Equipment

- frying pan

sauce pan

baking pan

Directions

Grease an 8x8 inch baking pan. Set aside.

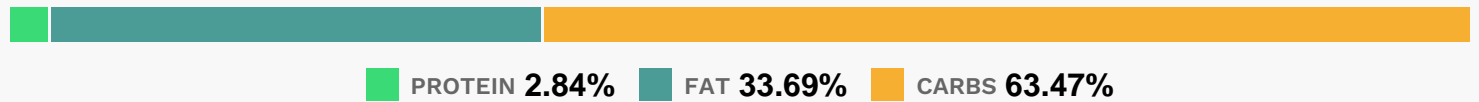
In a medium saucepan combine sugar, condensed milk, butter and chocolate chips.

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 chocolate mixture from heat and add marshmallow and nuts.

Pour the fudge into the prepared pan, and let set.

Nutrition Facts



Properties

Glycemic Index:63.7, Glycemic Load:230.19, Inflammation Score:-8, Nutrition Score:33.937391498814%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 2809.44kcal (140.47%), Fat: 108.64g (167.14%), Saturated Fat: 54.83g (342.69%), Carbohydrates: 460.51g (153.5%), Net Carbohydrates: 448.3g (163.02%), Sugar: 423.94g (471.05%), Cholesterol: 133.52mg (44.51%), Sodium: 425.95mg (18.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 103.2mg (34.4%), Protein: 20.63g (41.26%), Manganese: 2.83mg (141.74%), Copper: 1.86mg (93.16%), Phosphorus: 731.28mg (73.13%), Magnesium: 279.33mg (69.83%), Fiber: 12.22g (48.86%), Iron: 8.67mg (48.14%), Calcium: 480.95mg (48.09%), Selenium: 32.67µg (46.68%), Vitamin B2: 0.71mg (41.65%), Zinc: 5.72mg (38.12%), Potassium: 1297.36mg (37.07%), Vitamin A: 1373.95IU (27.48%), Vitamin B1: 0.34mg (22.61%), Vitamin B5: 1.63mg (16.29%), Vitamin E: 2.18mg (14.53%), Vitamin B12: 0.86µg (14.37%), Vitamin K: 13.04µg (12.42%), Vitamin B6: 0.17mg (8.33%), Vitamin B3: 1.62mg (8.09%), Folate: 21.68µg (5.42%), Vitamin C: 3.74mg (4.53%), Vitamin D: 0.26µg (1.76%)