



## Grandpa's Peanut Butter Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



161 kcal

DESSERT

### Ingredients

- ☐ 2 cups brown sugar
- ☐ 1.5 cups creamy peanut butter
- ☐ 1 tablespoon butter
- ☐ 1 cup milk
- ☐ 1.3 teaspoons vanilla extract
- ☐ 2 cups sugar white

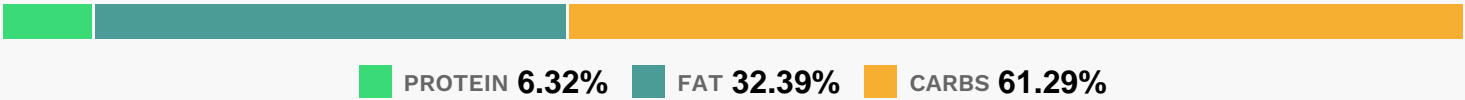
### Equipment

- ☐ pot

# Directions

- ☐ Mix brown and white sugar with the milk in large pot; bring mixture to a boil. Stir in peanut butter, reduce heat to medium and bring the mixture back to boil (stirring constantly).
- ☐ Remove the pot from heat when a drop of the mixture forms a ball in a glass of cold water.
- ☐ Stir margarine and vanilla into the mixture; stir vigorously until the fudge hardens. ( Always stir in same direction.)
- ☐ Pour fudge onto buttered plates or waxed paper.
- ☐ Let cool and cut into 1 inch pieces.

# Nutrition Facts



# Properties

Glycemic Index:3.39, Glycemic Load:8.14, Inflammation Score:-1, Nutrition Score:2.4978260652203%

# Nutrients (% of daily need)

Calories: 160.66kcal (8.03%), Fat: 6.06g (9.32%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 25.28g (9.19%), Sugar: 24.42g (27.13%), Cholesterol: 0.81mg (0.27%), Sodium: 55.91mg (2.43%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 2.66g (5.32%), Manganese: 0.17mg (8.32%), Vitamin B3: 1.45mg (7.25%), Vitamin E: 0.99mg (6.63%), Magnesium: 20.11mg (5.03%), Phosphorus: 43.87mg (4.39%), Vitamin B6: 0.06mg (2.85%), Copper: 0.05mg (2.59%), Potassium: 87.64mg (2.5%), Calcium: 23.99mg (2.4%), Folate: 9.37µg (2.34%), Fiber: 0.52g (2.06%), Zinc: 0.31mg (2.04%), Vitamin B2: 0.03mg (1.9%), Vitamin B5: 0.16mg (1.56%), Iron: 0.28mg (1.55%), Vitamin B1: 0.02mg (1.25%), Selenium: 0.78µg (1.12%)