



Holiday Fudge

 **Gluten Free**

READY IN



15 min.

SERVINGS



48

CALORIES



300 kcal

DESSERT

Ingredients

- 12 ounces almond buttercrunch confection chopped
- 1.3 cups butter
- 12 fluid ounce evaporated milk canned
- 14 ounce marshmallow crème
- 1 pinch salt
- 2 cups semi chocolate chips
- 2 teaspoons vanilla extract
- 1 pound walnuts chopped

4.5 cups sugar white

Equipment

bowl

sauce pan

baking pan

Directions

Lightly butter a 9x13 inch baking dish. Set aside.

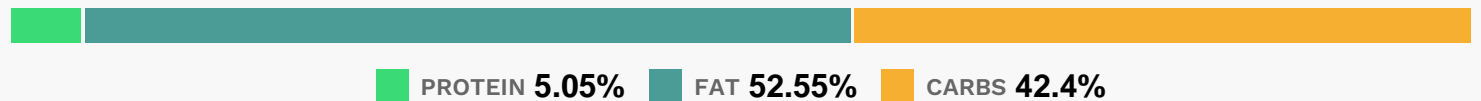
Combine milk, butter, sugar, and salt in a large heavy saucepan. Bring to a boil over medium-high heat. Then cook, stirring constantly, for 6 minutes.

Combine marshmallow cream, candy bar, and chocolate chips in a large bowl.

Pour hot sugar syrup over mixture, stir until chocolate is melted and well blended. Stir in walnuts and vanilla.

Pour into prepared baking dish. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:13.29, Inflammation Score:-3, Nutrition Score:6.1282609074336%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 299.59kcal (14.98%), Fat: 18.3g (28.16%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 31.11g (11.31%), Sugar: 27.87g (30.97%), Cholesterol: 16.15mg (5.38%), Sodium: 50.4mg (2.19%),

Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Caffeine: 6.45mg (2.15%), Protein: 3.95g (7.91%), Manganese: 0.59mg (29.28%), Copper: 0.32mg (15.97%), Vitamin E: 2.08mg (13.89%), Magnesium: 49.19mg (12.3%), Phosphorus: 102.82mg (10.28%), Fiber: 2.12g (8.48%), Vitamin B2: 0.13mg (7.52%), Iron: 1.04mg (5.76%), Calcium: 53.99mg (5.4%), Zinc: 0.78mg (5.18%), Potassium: 160.68mg (4.59%), Vitamin A: 180.95IU (3.62%), Vitamin B1: 0.05mg (3.53%), Vitamin B6: 0.07mg (3.35%), Folate: 13.16µg (3.29%), Selenium: 1.73µg (2.47%), Vitamin B3: 0.44mg (2.21%), Vitamin B5: 0.16mg (1.64%), Vitamin K: 1.28µg (1.22%)