

Jean's Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1583 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 16 large marshmallows
- 1 cup semi-sweet chocolate chips
- 0.7 cup condensed milk sweetened
- 1 teaspoon vanilla extract
- 0.8 cup walnuts chopped
- 2.3 cups sugar white

Equipment

frying pan

sauce pan

Directions

Butter a 7 x 11 inch pan. Set aside.

In a 3 quart saucepan, mix together sugar, condensed milk, butter or margarine, and marshmallows. Cook over low heat and bring to a boil. Boil 5-7 minutes.

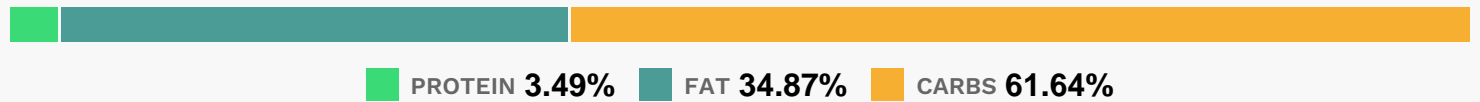
Remove from heat.

Add vanilla, nuts, and chocolate chips. Stir until chips are melted.

Pour into prepared pan. Cool.

Cut.

Nutrition Facts



Properties

Glycemic Index:87.2, Glycemic Load:146.04, Inflammation Score:-7, Nutrition Score:21.381304168183%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg

Nutrients (% of daily need)

Calories: 1583.02kcal (79.15%), Fat: 63.23g (97.28%), Saturated Fat: 28.12g (175.76%), Carbohydrates: 251.51g (83.84%), Net Carbohydrates: 244.85g (89.03%), Sugar: 230.55g (256.17%), Cholesterol: 67.29mg (22.43%), Sodium: 245.9mg (10.69%), Alcohol: 0.46g (100%), Alcohol %: 0.16% (100%), Caffeine: 50.17mg (16.72%), Protein: 14.23g (28.46%), Manganese: 1.79mg (89.38%), Copper: 1.25mg (62.55%), Phosphorus: 432.52mg (43.25%), Magnesium: 167.85mg (41.96%), Iron: 4.83mg (26.85%), Fiber: 6.66g (26.66%), Calcium: 265.26mg (26.53%), Selenium: 18.12µg (25.89%), Vitamin B2: 0.39mg (23.05%), Zinc: 3.14mg (20.92%), Potassium: 723.4mg (20.67%), Vitamin A: 689.3IU (13.79%), Vitamin B1: 0.18mg (12.07%), Vitamin B6: 0.21mg (10.68%), Folate: 37.09µg (9.27%), Vitamin B5: 0.87mg (8.75%), Vitamin E: 1.1mg (7.31%), Vitamin B12: 0.44µg (7.27%), Vitamin K: 6.72µg (6.4%), Vitamin B3: 1mg (5.01%), Vitamin C: 2.15mg (2.6%)