



Layered Mint-Chocolate Fudge

 Gluten Free

READY IN



170 min.

SERVINGS



72

CALORIES



137 kcal

DESSERT

Ingredients

- ☐ 4.5 cups sugar
- ☐ 0.5 cup butter
- ☐ 12 oz evaporated milk canned
- ☐ 4.5 cups marshmallows miniature
- ☐ 3 cups semi chocolate chips
- ☐ 2 oz baker's chocolate unsweetened cut into pieces
- ☐ 1 teaspoon vanilla
- ☐ 6 oz chocolate white cut into pieces

- ☐ 0.1 teaspoon peppermint extract
- ☐ 0.1 teaspoon purple gel food coloring green
- ☐ 2 tablespoons mint

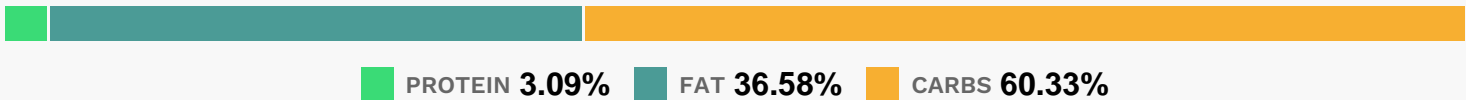
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Line 15x10x1-inch baking pan with foil so foil extends over sides of pan. Grease foil. In large saucepan, combine sugar, butter and evaporated milk; cook and stir over medium heat until sugar is dissolved. Bring to a full boil, stirring constantly. Boil 5 minutes over medium heat without stirring.
- ☐ Remove from heat.
- ☐ Add marshmallows, stirring constantly until mixture is smooth.
- ☐ Remove 2 cups mixture; place in medium saucepan. Set aside.
- ☐ To mixture in large saucepan, add chocolate chips, unsweetened chocolate and vanilla; stir until chocolate is melted and mixture is smooth. Quickly spread mixture in greased foil-lined pan.
- ☐ Add white chocolate, peppermint extract and green icing color to reserved mixture in saucepan; stir until chocolate is melted and mixture is smooth.
- ☐ Pour evenly over fudge in pan; spread gently to cover.
- ☐ Sprinkle with chocolate sprinkles. Refrigerate 2 hours or until firm.
- ☐ Remove fudge from pan by lifting foil.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:3.48, Glycemic Load:11.24, Inflammation Score:-1, Nutrition Score:1.870869577174%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg

Nutrients (% of daily need)

Calories: 137.2kcal (6.86%), Fat: 5.74g (8.83%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 20.56g (7.48%), Sugar: 19.17g (21.29%), Cholesterol: 5.71mg (1.9%), Sodium: 20.84mg (0.91%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Caffeine: 7.08mg (2.36%), Protein: 1.09g (2.18%), Manganese: 0.13mg (6.68%), Copper: 0.13mg (6.26%), Magnesium: 17.29mg (4.32%), Phosphorus: 37.03mg (3.7%), Iron: 0.64mg (3.55%), Fiber: 0.74g (2.95%), Calcium: 23.08mg (2.31%), Zinc: 0.33mg (2.22%), Potassium: 71.01mg (2.03%), Vitamin B2: 0.03mg (1.71%), Selenium: 1.05µg (1.5%), Vitamin A: 55.15IU (1.1%)