



Maple-Walnut Fudge

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



550 kcal

DESSERT

Ingredients

- ☐ 1 cup firmly brown sugar light packed
- ☐ 5 oz evaporated milk canned
- ☐ 1 teaspoon maple extract
- ☐ 7.5 oz marshmallow fluff
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted
- ☐ 2 cups walnuts coarsely chopped
- ☐ 11 oz chocolate chips white

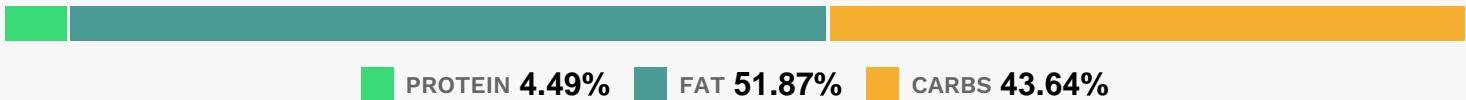
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Line an 8-inch square baking pan with foil, leaving at least a 1-inch overhang on all sides. Mist with cooking spray.
- ☐ Combine brown sugar, Marshmallow Fluff, evaporated milk, butter and salt in a heavy saucepan. Cook over medium heat, whisking often, until it comes to a boil.
- ☐ Let it boil for 5 minutes, stirring constantly to prevent scorching.
- ☐ Remove pan from heat; stir in white chocolate chips until fully melted and mixture is smooth. Stir in walnuts and maple extract. Quickly pour into baking pan and smooth top. Refrigerate uncovered until firm, about 2 hours.
- ☐ Using foil handles, lift fudge from pan and place on cutting board.
- ☐ Remove foil.
- ☐ Cut fudge into 24 pieces, wiping off knife between cuts.
- ☐ Serve immediately, or store in an airtight container in refrigerator between layers of waxed paper for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:13.21, Inflammation Score:-3, Nutrition Score:8.3847824620164%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg

Nutrients (% of daily need)

Calories: 549.57kcal (27.48%), Fat: 33.15g (51%), Saturated Fat: 12.45g (77.81%), Carbohydrates: 62.75g (20.92%), Net Carbohydrates: 61.12g (22.23%), Sugar: 54.85g (60.95%), Cholesterol: 28.72mg (9.57%), Sodium: 166.92mg (7.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Manganese: 0.82mg (40.85%), Copper: 0.4mg (20.24%), Phosphorus: 167.52mg (16.75%), Calcium: 142.33mg (14.23%), Magnesium: 46.27mg (11.57%), Vitamin B2: 0.17mg (10.04%), Vitamin B6: 0.16mg (7.97%), Potassium: 266.63mg (7.62%), Zinc: 1.08mg (7.18%), Vitamin B1: 0.11mg (7.1%), Folate: 26.72µg (6.68%), Fiber: 1.63g (6.52%), Iron: 0.94mg (5.23%), Vitamin A: 257.83IU (5.16%), Selenium: 3.22µg (4.61%), Vitamin E: 0.68mg (4.54%), Vitamin B5: 0.45mg (4.52%), Vitamin K: 4.14µg (3.95%), Vitamin B12: 0.21µg (3.53%), Vitamin B3: 0.55mg (2.75%)