



Marshmallow Fudge

READY IN



15 min.

SERVINGS



48

CALORIES



50 kcal

DESSERT

Ingredients

- 2 graham crackers whole reduced-fat
- 1.3 cups marshmallows miniature
- 1.3 cups semi chocolate chips
- 0.7 cup condensed milk fat-free sweetened
- 1 teaspoon vanilla extract

Equipment

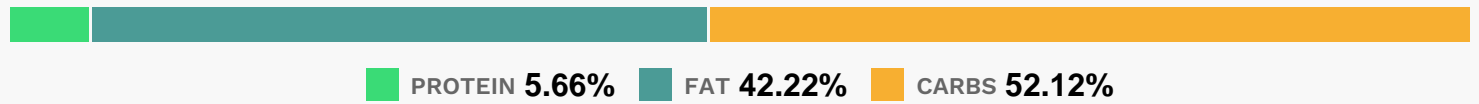
- frying pan
- sauce pan

aluminum foil

Directions

- Line an 8-in. square pan with foil and coat with cooking spray; set aside. In a small heavy saucepan over low heat, melt chocolate chips with milk; stir until smooth.
- Remove from the heat; cool for 2 minutes. Stir in vanilla. Fold in marshmallows and graham crackers.
- Pour into prepared pan. Refrigerate for 1 hour or until firm.
- Using foil, lift fudge out of pan. Discard foil; cut into 48 pieces.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:2.41, Inflammation Score:-1, Nutrition Score:1.1052173840935%

Nutrients (% of daily need)

Calories: 49.72kcal (2.49%), Fat: 2.35g (3.61%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 6.1g (2.22%), Sugar: 5.09g (5.66%), Cholesterol: 1.75mg (0.58%), Sodium: 10.86mg (0.47%), Alcohol: 0.03g (100%), Alcohol %: 0.32% (100%), Caffeine: 4.3mg (1.43%), Protein: 0.71g (1.42%), Manganese: 0.07mg (3.34%), Copper: 0.06mg (3.23%), Magnesium: 10.29mg (2.57%), Phosphorus: 25.05mg (2.5%), Iron: 0.35mg (1.95%), Fiber: 0.42g (1.68%), Calcium: 15.68mg (1.57%), Selenium: 1.07µg (1.53%), Potassium: 45.34mg (1.3%), Vitamin B2: 0.02mg (1.27%), Zinc: 0.18mg (1.23%)