



Never-Never Ever-Ever Fail Fudge

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



413 kcal

DESSERT

Ingredients

- ☐ 0.7 cup evaporated milk
- ☐ 16 large marshmallows
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1.7 cups sugar white

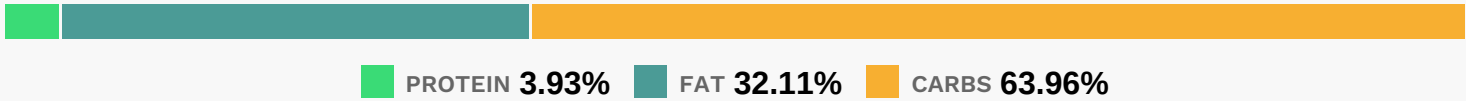
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan over medium heat, combine evaporated milk, sugar and salt. Bring to a boil, then remove from heat and stir in marshmallows, chocolate chips, vanilla and nuts until marshmallows are melted.
- ☐ Pour into an 8x8 inch dish.
- ☐ Let cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:18.82, Glycemic Load:36.07, Inflammation Score:-2, Nutrition Score:6.2560870031948%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 412.83kcal (20.64%), Fat: 15.14g (23.29%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 67.85g (22.62%), Net Carbohydrates: 65.55g (23.83%), Sugar: 60.27g (66.97%), Cholesterol: 7.44mg (2.48%), Sodium: 181.66mg (7.9%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Caffeine: 19.35mg (6.45%), Protein: 4.17g (8.34%), Manganese: 0.55mg (27.67%), Copper: 0.42mg (20.87%), Magnesium: 56.54mg (14.13%), Phosphorus: 127.58mg (12.76%), Iron: 1.73mg (9.61%), Fiber: 2.3g (9.22%), Calcium: 76.91mg (7.69%), Zinc: 0.99mg (6.63%), Potassium: 225.76mg (6.45%), Vitamin B2: 0.1mg (5.7%), Selenium: 3.22µg (4.6%), Vitamin B6: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.81%), Vitamin B5: 0.24mg (2.44%), Folate: 8.99µg (2.25%), Vitamin K: 1.94µg (1.85%), Vitamin B3: 0.32mg (1.62%), Vitamin E: 0.22mg (1.45%), Vitamin A: 62.9IU (1.26%), Vitamin B12: 0.07µg (1.24%)