



No Fail Chocolate Fudge

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



90 kcal

DESSERT

Ingredients

- 6 tablespoons butter
- 3 tablespoons cocoa powder
- 1.5 cups powdered sugar
- 0.8 cup marshmallow creme
- 1 cup semi chocolate chips
- 0.3 cup skim milk
- 0.3 teaspoon vanilla extract

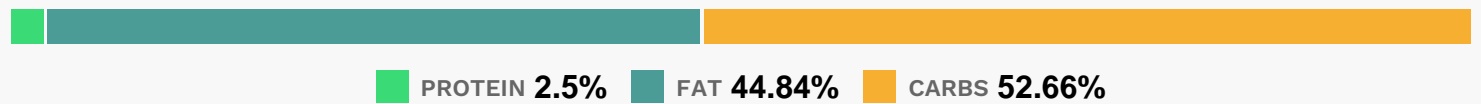
Equipment

- frying pan
- sauce pan
- pie form
- candy thermometer

Directions

- Grease one 8x8 inch pie pan and set aside.
- In a heavy saucepan over medium heat, combine the powdered sugar, milk and butter.
- Mix well and stir constantly until candy thermometer reads 238 degrees F (112 degrees C).
- Remove from heat and add chocolate chips, marshmallow creme, vanilla and cocoa. Quickly stir together and pour into prepared pan. Cool and serve. Refrigerate in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.323913027087%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 90.1kcal (4.5%), Fat: 4.64g (7.14%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 11.6g (4.22%), Sugar: 10.18g (11.31%), Cholesterol: 6.46mg (2.15%), Sodium: 19.95mg (0.87%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Caffeine: 6.31mg (2.1%), Protein: 0.58g (1.16%), Manganese: 0.1mg (4.95%), Copper: 0.09mg (4.72%), Magnesium: 13.44mg (3.36%), Fiber: 0.67g (2.66%), Iron: 0.45mg (2.52%), Phosphorus: 22.86mg (2.29%), Vitamin A: 78.53IU (1.57%), Zinc: 0.21mg (1.39%), Potassium: 47.01mg (1.34%)