



Orange Flavored Fudge

 Gluten Free

READY IN



136 min.

SERVINGS



36

CALORIES



120 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 5 ounce evaporated milk canned
- 2.5 cups marshmallows miniature
- 2 tablespoons orange liqueur
- 1 teaspoon orange peel grated
- 1 cup pecans finely chopped
- 1 cup semi chocolate chips
- 1.3 cups sugar white

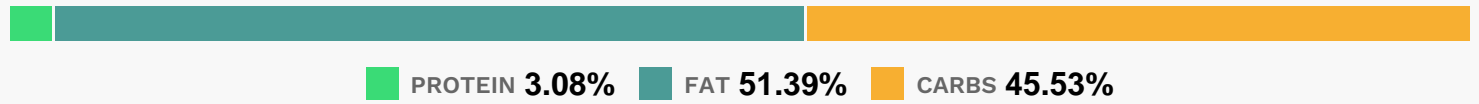
Equipment

microwave

Directions

- In a 2 quart microwave safe dish combine sugar, evaporated milk and butter. Microwave on high for 8 minutes.
- Stir and add marshmallows and chocolate chips; heat on high for 3 minutes, or until melted.
- Stir in orange peel and liqueur. Chill for 2 hours, or until firm, and cut into squares.

Nutrition Facts



Properties

Glycemic Index:5.29, Glycemic Load:6.89, Inflammation Score:-1, Nutrition Score:1.832173904566%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 119.97kcal (6%), Fat: 6.98g (10.74%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 13.22g (4.81%), Sugar: 12.01g (13.35%), Cholesterol: 8.22mg (2.74%), Sodium: 27.87mg (1.21%), Alcohol: 0.22g (100%), Alcohol %: 1.02% (100%), Caffeine: 4.52mg (1.51%), Protein: 0.94g (1.89%), Manganese: 0.2mg (10.17%), Copper: 0.1mg (5.18%), Magnesium: 13.58mg (3.39%), Phosphorus: 30.48mg (3.05%), Fiber: 0.7g (2.8%), Iron: 0.41mg (2.3%), Zinc: 0.31mg (2.04%), Vitamin A: 92.63IU (1.85%), Calcium: 16.53mg (1.65%), Vitamin B1: 0.02mg (1.58%), Potassium: 54.14mg (1.55%), Vitamin B2: 0.02mg (1.26%), Selenium: 0.76µg (1.09%), Vitamin E: 0.15mg (1.01%)