



Peanut Butter Fudge

 **Gluten Free**

READY IN



22 min.

SERVINGS



10

CALORIES



717 kcal

DESSERT

Ingredients

- 1 tablespoon plus light
- 16 oz creamy peanut butter
- 1 cup heavy cream
- 7.5 oz marshmallow crème
- 3 cups sugar
- 6 tablespoons butter unsalted
- 2 teaspoons vanilla extract

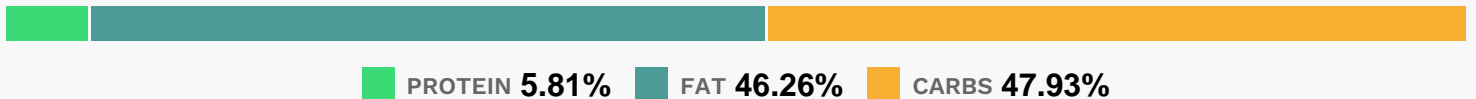
Equipment

- frying pan
- sauce pan
- wire rack
- baking pan
- kitchen thermometer
- aluminum foil
- spatula
- candy thermometer

Directions

- Line an 8-inch square baking pan with foil, leaving a 2-inch overhang; mist with cooking spray.
- Combine butter, sugar, cream and corn syrup in a large, heavy saucepan.
- Place over medium heat and cook, stirring, just until sugar dissolves. Clip a candy thermometer to side of pan, taking care not to let it touch the bottom. Boil mixture without stirring until thermometer reads 234F, about 5 minutes.
- Remove pan from heat, remove thermometer and let stand 10 minutes (do not stir).
- With a clean heatproof spatula, stir in peanut butter, marshmallow crme and vanilla until no streaks remain. Scrape mixture into baking pan. Allow to cool completely on a wire rack, then refrigerate at least 1 hour. Using foil overhang, remove fudge from pan.
- Cut into 64 1-inch squares.

Nutrition Facts



Properties

Glycemic Index:10.31, Glycemic Load:43.32, Inflammation Score:-6, Nutrition Score:10.220000046103%

Nutrients (% of daily need)

Calories: 716.96kcal (35.85%), Fat: 38.78g (59.66%), Saturated Fat: 14.37g (89.81%), Carbohydrates: 90.42g (30.14%), Net Carbohydrates: 88.24g (32.09%), Sugar: 80.21g (89.12%), Cholesterol: 44.95mg (14.98%), Sodium: 203.98mg (8.87%), Alcohol: 0.28g (100%), Alcohol %: 0.22% (100%), Protein: 10.95g (21.91%), Manganese: 0.67mg (33.49%), Vitamin E: 4.55mg (30.31%), Vitamin B3: 6.05mg (30.27%), Magnesium: 78.61mg (19.65%), Phosphorus:

169.64mg (16.96%), Vitamin A: 559.78IU (11.2%), Vitamin B6: 0.21mg (10.51%), Folate: 40.21µg (10.05%), Copper: 0.2mg (9.96%), Fiber: 2.18g (8.71%), Vitamin B2: 0.15mg (8.61%), Zinc: 1.23mg (8.22%), Potassium: 282.86mg (8.08%), Vitamin B5: 0.55mg (5.51%), Iron: 0.84mg (4.67%), Vitamin B1: 0.07mg (4.61%), Selenium: 3.03µg (4.33%), Calcium: 40.92mg (4.09%), Vitamin D: 0.51µg (3.38%), Vitamin K: 1.49µg (1.41%)