



Peanut Butter Fudge

 Vegetarian  Gluten Free

READY IN



160 min.

SERVINGS



64

CALORIES



82 kcal

DESSERT

Ingredients

- 1 cup creamy peanut butter such as jif or skippy (not natural peanut butter)
- 0.5 cup cup heavy whipping cream
- 2 cups brown sugar light packed
- 1.8 cups powdered sugar sifted
- 0.5 cup roasted peanuts salted coarsely chopped
- 4 tablespoons butter unsalted plus more for coating the baking dish ()
- 1 teaspoon vanilla extract

Equipment

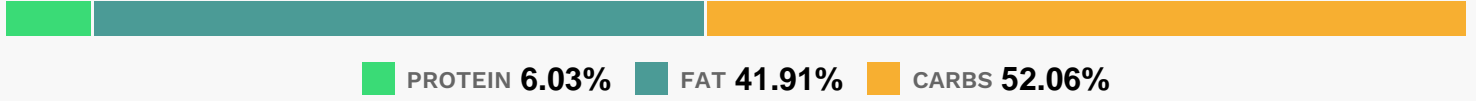
- bowl
- frying pan
- paper towels
- sauce pan
- baking paper
- knife
- baking pan
- stand mixer
- measuring cup
- cutting board

Directions

- Cut a 22-inch-long piece of parchment paper and fold over the edges so it measures 8 inches wide; set it aside. Coat an 8-by-8-inch baking dish with butter and line it seam-side down with the parchment (the 2 long ends will hang over the edges). Be sure to fit the parchment as smoothly as possible into the dish, snugly creasing it into the corners; set the dish aside.
- Heat the measured butter and vanilla in a medium saucepan over medium heat until the butter has melted. Stir in the brown sugar and cream and bring to a full boil. Continue boiling, stirring constantly, for 2 minutes more. Stir in the peanut butter until smooth.
- Remove from the heat and set aside to cool for exactly 5 minutes (it will form a skin).Immediately transfer the mixture to the bowl of a stand mixer fitted with a paddle attachment. Turn the mixer to medium-low speed and gradually add the powdered sugar until all of it is incorporated (the mixture will look slightly curdled and sandy).Quickly scrape the mixture into the prepared baking dish and pat into an even layer. Use a paper towel to blot the excess oil off the surface.
- Sprinkle the peanuts evenly over the top.Fold the excess parchment paper over the fudge. Using a measuring cup, press down on the parchment to press the peanuts into the fudge and evenly flatten the surface. Uncover the fudge and let it sit at room temperature until completely cooled, about 2 hours.To remove the fudge from the pan, grip the parchment hanging over the edges and pull it out of the dish (if the fudge cracks, just press it back together).

- Transfer it to a cutting board and, using a long knife, cut it into 64 (1-inch) pieces, wiping the knife clean between slices. Though best eaten right away, the fudge can be stored at room temperature in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:0.22, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.2360869666319%

Nutrients (% of daily need)

Calories: 82.34kcal (4.12%), Fat: 4g (6.15%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 10.88g (3.96%), Sugar: 10.36g (11.52%), Cholesterol: 3.98mg (1.33%), Sodium: 24.83mg (1.08%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Protein: 1.3g (2.59%), Manganese: 0.09mg (4.53%), Vitamin B3: 0.72mg (3.58%), Vitamin E: 0.4mg (2.7%), Magnesium: 9.5mg (2.38%), Phosphorus: 19.65mg (1.96%), Copper: 0.03mg (1.42%), Folate: 5.07µg (1.27%), Potassium: 42.87mg (1.22%), Vitamin B6: 0.02mg (1.22%), Fiber: 0.29g (1.18%), Calcium: 10.3mg (1.03%)