



Peanut Butter Fudge I

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



641 kcal

DESSERT

Ingredients

- 2 cups brown sugar packed
- 4 tablespoons butter
- 2 cups marshmallows miniature
- 1 cup milk
- 1.5 cups peanut butter
- 2 teaspoons vanilla extract
- 2 cups sugar white

Equipment

frying pan

sauce pan

Directions

Butter one 9x9 inch pan and set aside.

In a 3 quart saucepan, combine white sugar, brown sugar, milk, and butter. Cook to soft ball stage, 234 degrees F (112 degrees C).

Remove from heat.

Stir in peanut butter, vanilla and marshmallows; continue stirring until marshmallows are melted.

Pour into prepared pan and cool.

Cut into squares and serve.

Nutrition Facts



PROTEIN 5.84% **FAT 33.89%** **CARBS 60.27%**

Properties

Glycemic Index:23.26, Glycemic Load:34.22, Inflammation Score:-4, Nutrition Score:9.197391388209%

Nutrients (% of daily need)

Calories: 641.14kcal (32.06%), Fat: 25.25g (38.84%), Saturated Fat: 7.25g (45.29%), Carbohydrates: 101.01g (33.67%), Net Carbohydrates: 99.14g (36.05%), Sugar: 93.7g (104.11%), Cholesterol: 14.97mg (4.99%), Sodium: 232.1mg (10.09%), Alcohol: 0.28g (100%), Alcohol %: 0.21% (100%), Protein: 9.79g (19.58%), Manganese: 0.6mg (30.04%), Vitamin B3: 5.23mg (26.17%), Vitamin E: 3.67mg (24.45%), Magnesium: 72.7mg (18.17%), Phosphorus: 159.79mg (15.98%), Vitamin B6: 0.21mg (10.27%), Copper: 0.2mg (9.83%), Potassium: 317.22mg (9.06%), Calcium: 87.63mg (8.76%), Folate: 33.99µg (8.5%), Fiber: 1.87g (7.47%), Zinc: 1.11mg (7.4%), Vitamin B2: 0.12mg (6.94%), Iron: 1.03mg (5.71%), Vitamin B5: 0.57mg (5.66%), Vitamin B1: 0.07mg (4.5%), Selenium: 3.04µg (4.35%), Vitamin A: 179.47IU (3.59%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.27µg (1.79%)