



Peanut Butter Fudge II

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



130 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 2 cups peanut butter chips
- 1 cup semi chocolate chips
- 14 ounce condensed milk sweetened canned

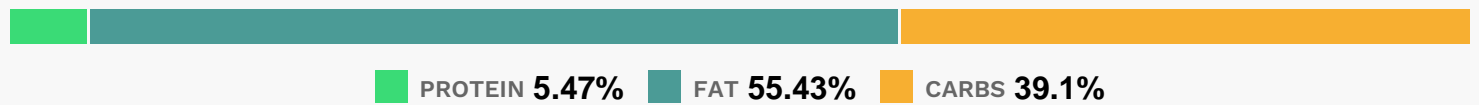
Equipment

- frying pan
- sauce pan
- wax paper

Directions

- Line a 9x9 inch square pan with wax paper.
- In a medium sized saucepan, melt butter over medium heat. Stir in the condensed milk.
- Add the peanut butter and chocolate chips, stirring constantly until everything is melted and blended together.
- Pour the mixture into the prepared pan and refrigerate for 3 hours.
- Cut into squares when cool. Comes out perfect every time!

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:5.49, Inflammation Score:-2, Nutrition Score:2.4852174248384%

Nutrients (% of daily need)

Calories: 130.42kcal (6.52%), Fat: 8.15g (12.53%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 12.33g (4.48%), Sugar: 11.75g (13.06%), Cholesterol: 16.24mg (5.41%), Sodium: 52.16mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.81g (3.61%), Phosphorus: 62.47mg (6.25%), Calcium: 52.75mg (5.28%), Manganese: 0.1mg (5.02%), Copper: 0.1mg (4.8%), Selenium: 3.12µg (4.46%), Magnesium: 17.59mg (4.4%), Vitamin B2: 0.07mg (4.36%), Vitamin A: 166.09IU (3.32%), Potassium: 105.01mg (3%), Iron: 0.51mg (2.81%), Fiber: 0.6g (2.4%), Zinc: 0.36mg (2.39%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.15mg (1.52%), Vitamin E: 0.18mg (1.2%), Vitamin B1: 0.02mg (1.17%)