



Peanut Butter Fudge II

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



487 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter
- ☐ 0.7 cup evaporated milk
- ☐ 7 ounce marshmallow crème
- ☐ 10 ounce peanut butter chips
- ☐ 1 teaspoon vanilla extract
- ☐ 3 cups sugar white

Equipment

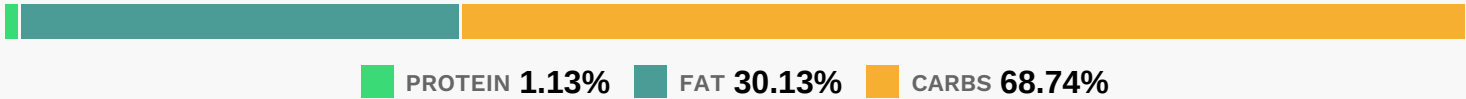
- ☐ frying pan

- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Spray a 9x13 inch baking pan with vegetable spray.
- ☐ In a heavy 4 quart sauce pan, combine sugar, milk, and butter or margarine.
- ☐ Heat to a full boil, stirring constantly. Boil for 5 minutes over medium heat, stirring constantly.
- ☐ Remove from heat, and add peanut butter chips; stir until chips have melted.
- ☐ Mix in marshmallow cream and vanilla until well blended.
- ☐ Pour into prepared pan. Cool.
- ☐ Cut into pieces and enjoy.

Nutrition Facts



Properties

Glycemic Index:13.34, Glycemic Load:46.55, Inflammation Score:-2, Nutrition Score:1.7669565298635%

Nutrients (% of daily need)

Calories: 486.69kcal (24.33%), Fat: 16.97g (26.1%), Saturated Fat: 10.58g (66.13%), Carbohydrates: 87.08g (29.03%), Net Carbohydrates: 87.08g (31.67%), Sugar: 82.04g (91.15%), Cholesterol: 46.08mg (15.36%), Sodium: 142.13mg (6.18%), Alcohol: 0.15g (100%), Alcohol %: 0.12% (100%), Protein: 1.43g (2.86%), Vitamin A: 517.34IU (10.35%), Calcium: 53.98mg (5.4%), Vitamin B2: 0.08mg (4.62%), Phosphorus: 42.46mg (4.25%), Vitamin E: 0.47mg (3.12%), Potassium: 63.09mg (1.8%), Selenium: 1.02µg (1.45%), Vitamin B5: 0.14mg (1.4%), Vitamin K: 1.44µg (1.37%), Magnesium: 4.91mg (1.23%), Zinc: 0.17mg (1.12%), Vitamin B12: 0.06µg (1.03%)