



Peanut Butter Fudge IV

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 7 ounce marshmallow crème
- ☐ 0.5 cup milk
- ☐ 1.3 cups peanut butter
- ☐ 2 cups sugar white

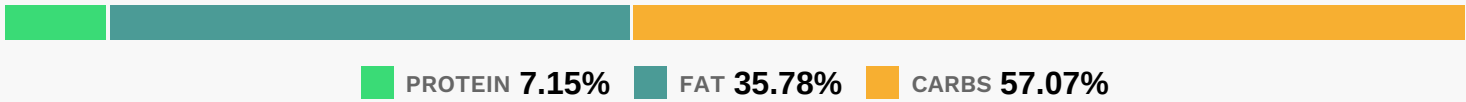
Equipment

- ☐ sauce pan
- ☐ glass baking pan

Directions

- ☐ Boil milk and sugar in a medium saucepan for three minutes over medium-high heat. Immediately stir in the marshmallow creme and peanut butter.
- ☐ Pour and spread into a 9x9 inch glass baking dish. Cool completely before cutting into squares and serving.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:28.98, Inflammation Score:-3, Nutrition Score:7.1095652593219%

Nutrients (% of daily need)

Calories: 427.81kcal (21.39%), Fat: 18.1g (27.84%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 64.95g (21.65%), Net Carbohydrates: 63.3g (23.02%), Sugar: 56.32g (62.58%), Cholesterol: 1.46mg (0.49%), Sodium: 152.61mg (6.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Manganese: 0.51mg (25.32%), Vitamin B3: 4.59mg (22.94%), Vitamin E: 3.14mg (20.93%), Magnesium: 59.6mg (14.9%), Phosphorus: 128.94mg (12.89%), Vitamin B6: 0.16mg (8.01%), Folate: 29.58µg (7.4%), Copper: 0.15mg (7.37%), Fiber: 1.65g (6.6%), Zinc: 0.93mg (6.19%), Potassium: 213.12mg (6.09%), Vitamin B2: 0.09mg (5.3%), Vitamin B5: 0.41mg (4.1%), Vitamin B1: 0.05mg (3.62%), Iron: 0.62mg (3.42%), Calcium: 32.26mg (3.23%), Selenium: 1.88µg (2.69%), Vitamin B12: 0.07µg (1.1%)