



Penuche Fudge

 **Gluten Free**

READY IN



60 min.

SERVINGS



24

CALORIES



113 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.3 cup half-and-half cream
- ☐ 2 tablespoons butter
- ☐ 0.3 cup milk
- ☐ 0.5 cup pecan halves
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

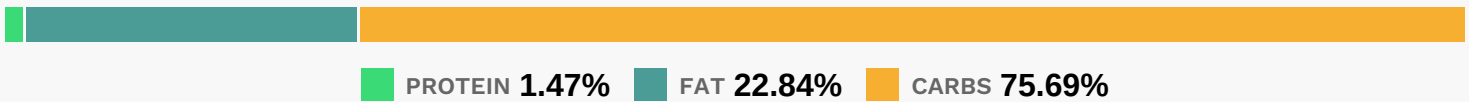
Equipment

- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Butter a baking sheet. Butter the sides of a heavy, 2-quart saucepan.
- ☐ In the saucepan, stir together white sugar, brown sugar, cream, milk and margarine and bring to a boil over medium heat.
- ☐ Heat, without stirring, to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- ☐ Remove from heat and cool to lukewarm (110 degrees).
- ☐ Stir in vanilla and beat vigorously until mixture loses its gloss. Quickly stir in pecans and spread on prepared sheet. Score into squares while warm; cut when firm.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:8.8, Inflammation Score:-1, Nutrition Score:0.89478259695613%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 112.51kcal (5.63%), Fat: 2.96g (4.55%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 21.87g (7.95%), Sugar: 21.77g (24.19%), Cholesterol: 1.58mg (0.53%), Sodium: 17.05mg (0.74%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 0.43g (0.85%), Manganese: 0.1mg (4.99%), Calcium: 17.31mg (1.73%), Copper: 0.03mg (1.52%), Phosphorus: 12.97mg (1.3%), Vitamin A: 60.28IU (1.21%), Vitamin B1: 0.02mg (1.11%), Magnesium: 4.12mg (1.03%)