

Peppermint Fudge

 Gluten Free

READY IN



20 min.

SERVINGS



55

CALORIES



91 kcal

DESSERT

Ingredients

- 4 regular size candy canes crushed
- 2.5 cups chocolate cookie white chunk (2-inch)
- 0.8 cup heavy whipping cream
- 7 oz marshmallow crème jet-puffed
- 1 tsp mint extract
- 1 pinch salt
- 0.8 cup butter unsalted
- 1 cup sugar white (granulated)

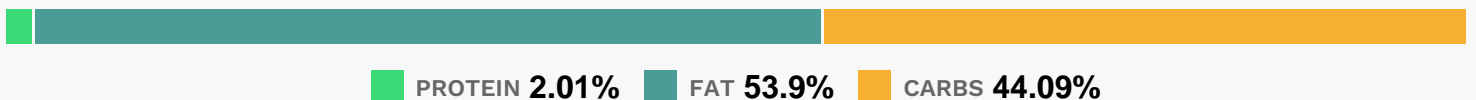
Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- whisk
- stove
- wax paper
- rolling pin

Directions

- PREPARE 9-inch square pan with parchment paper or wax paper
- COMBINE JET-PUFFED Marshmallow Creme and white chocolate chips in a large bowl
- ADD butter, sugar, heavy whipping cream and salt to medium saucepan on stove
- BRING to a boil, stirring constantly and boil for 5 minutes, continuing to stir
- REMOVE from heat, whisk in the peppermint extract until mixture is smooth
- POUR hot mixture carefully over marshmallow creme mixture and stir until smooth
- POUR mixture into pan and spread evenly
- REMOVE plastic from candy canes and place in re-sealable bag, crush with rolling pin.
- Sprinkle on top of fudge
- PLACE in refrigerator at least 2 hours or overnight to chill
- CUT into small squares
- STORE leftovers in refrigerator

Nutrition Facts



Properties

Glycemic Index:2.55, Glycemic Load:5.02, Inflammation Score:-1, Nutrition Score:0.60173913334375%

Nutrients (% of daily need)

Calories: 90.9kcal (4.55%), Fat: 5.62g (8.65%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 10.33g (3.76%), Sugar: 9.49g (10.55%), Cholesterol: 11.58mg (3.86%), Sodium: 7.36mg (0.32%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 0.47g (0.94%), Vitamin A: 126.86IU (2.54%), Calcium: 14.87mg (1.49%), Vitamin B2: 0.02mg (1.46%), Phosphorus: 13.19mg (1.32%), Vitamin E: 0.16mg (1.06%)