



Peppermint Fudge

 **Gluten Free**

READY IN



135 min.

SERVINGS



24

CALORIES



157 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 0.7 cup nestle® carnation® evaporated milk
- 1.7 cups granulated sugar
- 2 cups marshmallows miniature
- 0.3 cup peppermint candies hard crushed
- 0.3 teaspoon peppermint extract
- 0.3 teaspoon salt
- 1.5 cups nestle® toll house® semi-sweet chocolate morsels

0.5 teaspoon vanilla extract

Equipment

sauce pan

baking pan

aluminum foil

Directions

Line 8-inch-square baking pan with foil.

Combine sugar, evaporated milk, butter and salt in medium, heavy-duty saucepan. Bring to a full rolling boil over medium heat, stirring constantly. Boil, stirring constantly, for 4 to 5 minutes.

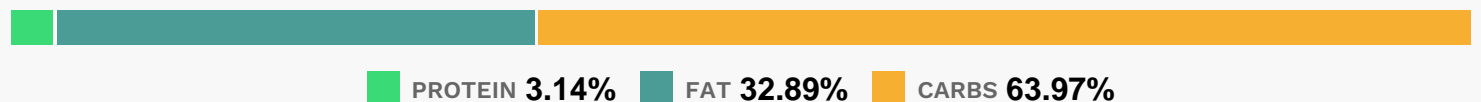
Remove from heat.

Stir in marshmallows, morsels, vanilla extract and peppermint extract. Stir vigorously for 1 minute or until marshmallows are melted.

Pour into prepared baking pan; cool for 1 minute. Top with candy, pressing in slightly. Refrigerate for 2 hours or until firm. Lift from pan; remove foil.

Cut into 48 pieces.

Nutrition Facts



Properties

Glycemic Index:8.36, Glycemic Load:12.92, Inflammation Score:-1, Nutrition Score:2.1486956277943%

Nutrients (% of daily need)

Calories: 157.23kcal (7.86%), Fat: 5.83g (8.97%), Saturated Fat: 3g (18.73%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 24.62g (8.95%), Sugar: 22.31g (24.78%), Cholesterol: 2.7mg (0.9%), Sodium: 47.25mg (2.05%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 9.68mg (3.22%), Protein: 1.25g (2.5%), Manganese: 0.15mg (7.54%), Copper: 0.15mg (7.33%), Magnesium: 21.61mg (5.4%), Phosphorus: 44.07mg (4.41%), Iron: 0.74mg (4.12%), Fiber: 0.9g (3.62%), Calcium: 25.89mg (2.59%), Potassium: 86.16mg (2.46%), Zinc: 0.36mg (2.37%), Vitamin B2: 0.03mg (1.82%), Selenium: 1.26µg (1.8%), Vitamin A: 64.09IU (1.28%)