



Pistachio Fudge

 Gluten Free

READY IN



140 min.

SERVINGS



36

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 ounces vanilla-flavored candy coating
- ☐ 0.8 cup evaporated milk
- ☐ 1 drop food coloring green
- ☐ 2 cups marshmallow crème
- ☐ 1 cup pistachios chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 2.5 cups sugar white

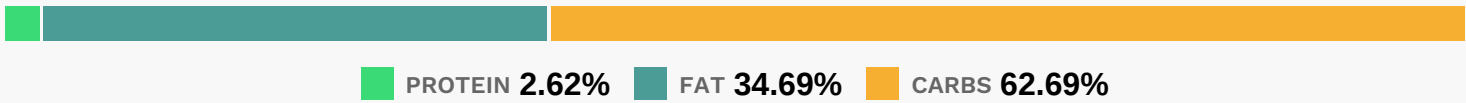
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Grease a 9x13 inch baking dish.
- ☐ In a medium saucepan over medium-high heat, combine evaporated milk, sugar and butter; boil for 4 minutes.
- ☐ Remove from heat and stir in marshmallow creme and candy coating. Stir in pistachios, vanilla and food coloring.
- ☐ Add more drops of food coloring to achieve desired color.
- ☐ Pour into prepared pan and cool.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:9.8, Inflammation Score:-1, Nutrition Score:1.2091304248442%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 160.39kcal (8.02%), Fat: 6.35g (9.77%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 25.46g (9.26%), Sugar: 23.51g (26.12%), Cholesterol: 8.3mg (2.77%), Sodium: 27.85mg (1.21%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 1.08g (2.15%), Vitamin B6: 0.06mg (3.04%), Phosphorus: 28.16mg (2.82%), Copper: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.16%), Manganese: 0.04mg (2.11%), Vitamin A:

105.51IU (2.11%), Calcium: 18.2mg (1.82%), Vitamin B2: 0.03mg (1.52%), Potassium: 52.13mg (1.49%), Fiber: 0.35g (1.41%), Magnesium: 5.47mg (1.37%), Vitamin E: 0.16mg (1.07%)