



Popcorn and Peanut Fudge

 Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



1044 kcal

DESSERT

Ingredients

- 0.8 cup roasted peanuts salted
- 1 cup popped popcorn unsalted
- 0.3 teaspoon salt
- 2.8 cups semi chocolate chips
- 14 oz condensed milk sweetened canned
- 4 tablespoons butter unsalted cut into pieces

Equipment

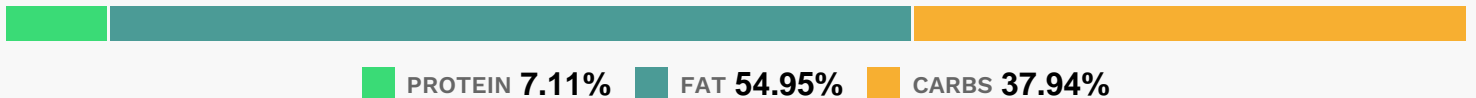
- bowl

- frying pan
- sauce pan
- whisk
- baking pan
- aluminum foil

Directions

- Line an 8-inch square baking pan with heavy-duty aluminum foil, making sure it is tucked into all corners and there is at least 1 inch overhanging top on all sides.
- In a medium saucepan, bring 2 inches of water to a bare simmer.
- Place butter, chocolate, salt and condensed milk in a stainless-steel bowl big enough to rest on top of saucepan and set it over pan, making sure it doesn't touch water.
- Heat, whisking occasionally, until chocolate has melted. Don't overheat.
- Remove bowl from pan and mix in popcorn and peanuts until fully combined.
- Scrape into prepared pan and refrigerate until set, at least 3 hours.
- Cut fudge and serve or store in refrigerator in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:25.47, Glycemic Load:27.27, Inflammation Score:-8, Nutrition Score:26.035652129546%

Nutrients (% of daily need)

Calories: 1043.63kcal (52.18%), Fat: 64.76g (99.63%), Saturated Fat: 33.59g (209.93%), Carbohydrates: 100.62g (33.54%), Net Carbohydrates: 90.43g (32.88%), Sugar: 79.55g (88.39%), Cholesterol: 57.01mg (19%), Sodium: 323.22mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 85.14mg (28.38%), Protein: 18.85g (37.7%), Manganese: 1.86mg (92.87%), Copper: 1.4mg (69.99%), Magnesium: 235.07mg (58.77%), Phosphorus: 553.54mg (55.35%), Fiber: 10.19g (40.75%), Iron: 6.98mg (38.78%), Selenium: 21.82µg (31.17%), Calcium: 311.63mg (31.16%), Potassium: 1035.72mg (29.59%), Zinc: 3.89mg (25.91%), Vitamin B2: 0.4mg (23.7%), Vitamin B3: 4.32mg (21.61%), Vitamin B5: 1.22mg (12.21%), Vitamin B1: 0.18mg (11.69%), Vitamin A: 545.64IU (10.91%), Folate: 37.34µg (9.34%), Vitamin B12: 0.55µg (9.11%), Vitamin K: 8.41µg (8.01%), Vitamin B6: 0.13mg (6.7%), Vitamin E: 0.98mg (6.52%), Vitamin C: 2.06mg (2.5%), Vitamin D: 0.33µg (2.18%)