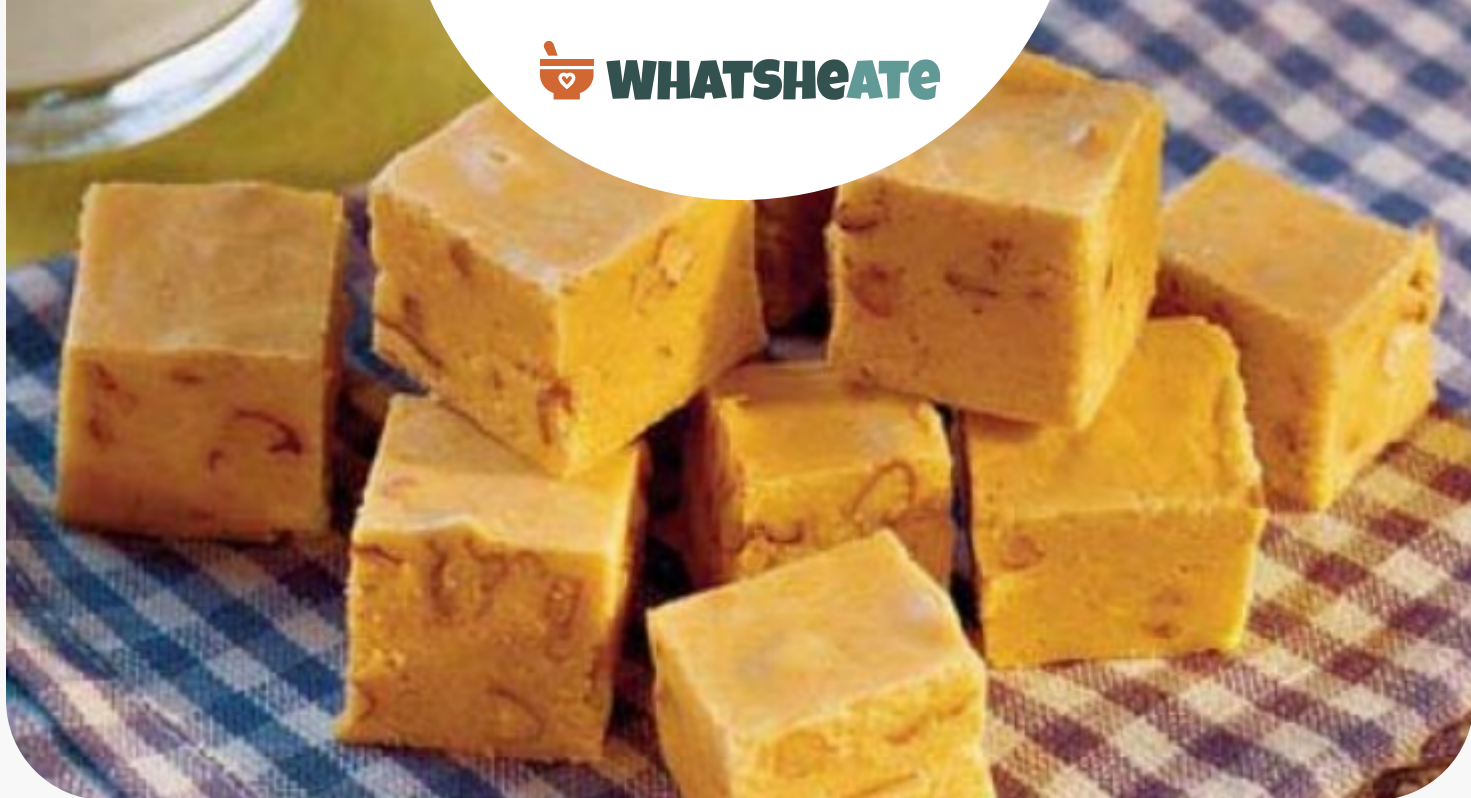




Pumpkin Fudge

 Gluten Free

READY IN



25 min.

SERVINGS



30

CALORIES



238 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter melted
- ☐ 0.5 cup pumpkin canned
- ☐ 2 tablespoons plus
- ☐ 0.7 cup evaporated milk
- ☐ 7 ounce marshmallow crème
- ☐ 1 cup pecans toasted chopped
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 3 cups sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 12 ounce chocolate morsels white

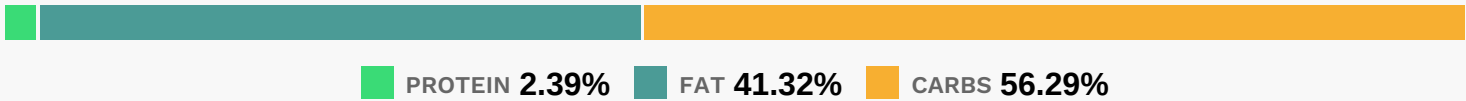
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Stir together first 6 ingredients in a 3 1/2-quart saucepan over medium-high heat, and cook, stirring constantly, until mixture comes to a boil. Cook, stirring constantly, until a candy thermometer registers 234 (soft-ball stage) or for about 12 minutes.
- ☐ Remove pan from heat; stir in remaining ingredients until well blended.
- ☐ Pour into a greased aluminum foil-lined 9-inch square pan.
- ☐ Let stand 2 hours or until completely cool; cut fudge into squares. Notes: Line pan with aluminum foil before you begin to cook the fudge. Once the candy thermometer reaches 234 and the remaining ingredients are added, quickly spoon the fudge into the pan.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:18.88, Inflammation Score:-5, Nutrition Score:2.7821739241481%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 238kcal (11.9%), Fat: 11.37g (17.49%), Saturated Fat: 5.61g (35.06%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 34.35g (12.49%), Sugar: 32.71g (36.35%), Cholesterol: 16.21mg (5.4%), Sodium: 53.99mg (2.35%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Protein: 1.48g (2.95%), Vitamin A: 796.3IU (15.93%), Manganese: 0.18mg (9.12%), Phosphorus: 44.27mg (4.43%), Calcium: 43.01mg (4.3%), Vitamin B2: 0.06mg (3.68%), Copper: 0.06mg (2.87%), Vitamin B1: 0.04mg (2.4%), Vitamin E: 0.34mg (2.3%), Vitamin K: 2.26µg (2.15%), Potassium: 75.12mg (2.15%), Zinc: 0.31mg (2.09%), Magnesium: 8.28mg (2.07%), Fiber: 0.5g (2%), Vitamin B5: 0.16mg (1.59%), Selenium: 0.99µg (1.41%), Vitamin B12: 0.08µg (1.37%), Iron: 0.21mg (1.17%)