



## Roasted Pecan Fudge

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



355 kcal

DESSERT

### Ingredients

- 2 tablespoons butter
- 0.7 cup evaporated milk
- 2 cups marshmallows miniature
- 2.5 cups pecan halves
- 4 tablespoons salt divided
- 1.5 cups semisweet chocolate morsels
- 1.7 cups sugar
- 2 teaspoons vanilla extract

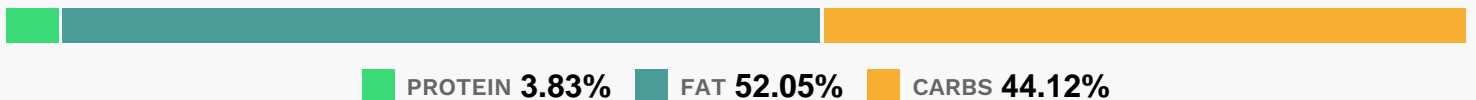
## Equipment

- frying pan
- sauce pan
- oven
- sieve
- candy thermometer

## Directions

- Preheat oven to 45
- Soak pecan halves in water to cover 20 minutes; drain well.
- Sprinkle 2 Tbsp. salt evenly over the bottom of a 15- x 10-inch jelly-roll pan. Arrange pecans in a single layer in pan; sprinkle evenly with 2 more Tbsp. salt.
- Place pecans in hot oven, and turn off oven.
- Let stand in oven 1 hour and 30 minutes. Toss pecans in a strainer to remove excess salt. Coarsely chop pecans, and cool.
- Bring sugar, evaporated milk, and butter to a boil in a large heavy saucepan over medium heat; boil, stirring constantly, until a candy thermometer registers 234 (about 7 minutes).
- Remove from heat; stir in marshmallows and chocolate morsels until smooth. Stir in 2 tsp. vanilla and chopped pecans.
- Pour into a buttered 8-inch square pan; cool completely.
- Cut into 1-inch squares.

## Nutrition Facts



## Properties

Glycemic Index:12.71, Glycemic Load:18.86, Inflammation Score:-3, Nutrition Score:7.3760868482616%

## Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

## **Nutrients (% of daily need)**

Calories: 355.03kcal (17.75%), Fat: 21.22g (32.65%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 40.48g (13.49%), Net Carbohydrates: 37.44g (13.62%), Sugar: 34.47g (38.3%), Cholesterol: 8.34mg (2.78%), Sodium: 1891.66mg (82.25%), Alcohol: 0.18g (100%), Alcohol %: 0.28% (100%), Caffeine: 15.48mg (5.16%), Protein: 3.51g (7.03%), Manganese: 0.99mg (49.46%), Copper: 0.43mg (21.71%), Magnesium: 54.62mg (13.65%), Fiber: 3.03g (12.12%), Phosphorus: 116.25mg (11.63%), Iron: 1.62mg (9%), Zinc: 1.32mg (8.82%), Vitamin B1: 0.12mg (8.01%), Potassium: 206.05mg (5.89%), Calcium: 54.02mg (5.4%), Vitamin B2: 0.07mg (4.18%), Selenium: 2.67µg (3.81%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.4mg (2.66%), Vitamin B6: 0.05mg (2.34%), Vitamin K: 2.07µg (1.97%), Vitamin B3: 0.37mg (1.87%), Vitamin A: 91.66IU (1.83%), Folate: 4.65µg (1.16%)