



Rocky Rockin' Road Fudge

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



290 kcal

DESSERT

Ingredients

- 12 oz chocolate chips dark (2 cups)
- 15.5 oz betty rich & creamy coconut pecan frosting
- 7 oz marshmallow creme
- 2 tablespoons pecans chopped
- 2 tablespoons coconut flakes flaked
- 1 tablespoon semisweet chocolate chips miniature

Equipment

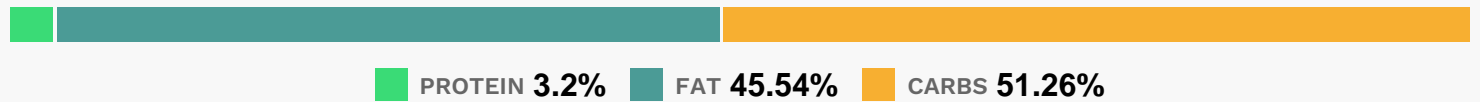
- bowl

- frying pan
- microwave

Directions

- Spray 9-inch square pan with baking spray with flour. In large microwavable bowl, microwave dark chocolate chips uncovered on High in 30-second increments, stirring after each, until melted and smooth.
- Set aside 2 tablespoons of the frosting; stir remaining frosting into melted chips. Fold in marshmallow creme, leaving ribbons of it running through fudge.
- Spread in pan.
- Press pecans, coconut and miniature chocolate chips in top of fudge. Cover; refrigerate until firm, about 1 hour.
- Cut into 4 rows by rows.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.5943478164466%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 290.05kcal (14.5%), Fat: 14.92g (22.96%), Saturated Fat: 9.17g (57.34%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 36g (13.09%), Sugar: 26.3g (29.22%), Cholesterol: 0.27mg (0.09%), Sodium: 76.63mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Manganese: 0.3mg (15.01%), Fiber: 1.79g (7.16%), Calcium: 69.61mg (6.96%), Zinc: 0.96mg (6.38%), Potassium: 199.43mg (5.7%), Copper: 0.1mg (5.24%), Phosphorus: 51.25mg (5.12%), Vitamin E: 0.66mg (4.39%), Magnesium: 16.57mg (4.14%), Iron: 0.53mg (2.96%), Selenium: 2.03µg (2.9%), Vitamin B2: 0.05mg (2.69%), Vitamin K: 2.82µg (2.69%), Vitamin B1: 0.04mg (2.65%),

Vitamin B6: 0.05mg (2.27%), Vitamin B5: 0.22mg (2.21%), Vitamin B3: 0.31mg (1.53%), Folate: 5.35µg (1.34%),
Vitamin B12: 0.06µg (1.02%)