



Simply Heaven Fudge

 Gluten Free

READY IN



22 min.

SERVINGS



10

CALORIES



362 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 0.7 cup evaporated milk
- 2 cups marshmallows miniature
- 1.5 cups semisweet chocolate morsels
- 1.7 cups sugar
- 2 teaspoons vanilla extract

Equipment

- frying pan

- sauce pan
- oven
- sieve
- candy thermometer

Directions

- Bring first 3 ingredients 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.
- Pour into a buttered 8-inch square pan; cool completely.
- Cut into 1-inch squares.
- Roasted Pecan Fudge: Preheat oven to 45
- Soak 2 1/2 cups 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. Prepare Simply Heaven Fudge as directed, stirring in chopped pecans with vanilla. Makes about 64 pieces. Prep: 15 min.; Soak: 20 min.; Stand: 1 hr., 30 min.

Nutrition Facts



PROTEIN 3.27% **FAT 34.34%** **CARBS 62.39%**

Properties

Glycemic Index:18.06, Glycemic Load:28.18, Inflammation Score:-2, Nutrition Score:5.1404347801986%

Nutrients (% of daily need)

Calories: 361.52kcal (18.08%), Fat: 14.01g (21.56%), Saturated Fat: 8.16g (51.03%), Carbohydrates: 57.27g (19.09%), Net Carbohydrates: 55.1g (20.04%), Sugar: 50.73g (56.36%), Cholesterol: 12.51mg (4.17%), Sodium: 46.92mg (2.04%), Alcohol: 0.28g (100%), Alcohol %: 0.38% (100%), Caffeine: 23.22mg (7.74%), Protein: 3g (6%), Manganese:

0.36mg (18.14%), Copper: 0.35mg (17.61%), Magnesium: 51.9mg (12.98%), Phosphorus: 105.82mg (10.58%), Iron: 1.78mg (9.89%), Fiber: 2.17g (8.68%), Calcium: 61.98mg (6.2%), Potassium: 207.02mg (5.91%), Zinc: 0.86mg (5.7%), Vitamin B2: 0.07mg (4.38%), Selenium: 3.05µg (4.36%), Vitamin A: 123.62IU (2.47%), Vitamin K: 2.24µg (2.13%), Vitamin B5: 0.19mg (1.92%), Vitamin E: 0.25mg (1.67%), Vitamin B3: 0.27mg (1.36%), Vitamin B12: 0.08µg (1.34%), Vitamin B1: 0.02mg (1.12%)