

Super-Easy Rocky Road Fudge

 Gluten Free

READY IN



80 min.

SERVINGS



48

CALORIES



102 kcal

DESSERT

Ingredients

- 14 ounce condensed milk sweetened canned
- 3 cups marshmallows miniature
- 12 ounce semi chocolate chips
- 1 teaspoon vanilla extract
- 1.5 cups walnut pieces coarsely chopped

Equipment

- bowl
- baking pan

aluminum foil

microwave

Directions

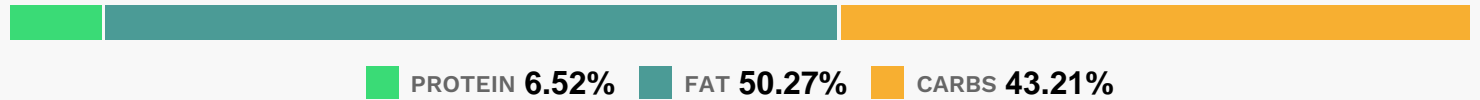
LINE 13 x 9-inch baking pan with foil; grease lightly.

MICROWAVE morsels and sweetened condensed milk in large, microwave-safe bowl on HIGH (100 percent) power for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth. Stir in vanilla extract. Fold in marshmallows and nuts.

PRESS mixture into prepared baking pan. Refrigerate until ready to serve. Lift from pan; remove foil.

Cut into pieces.

Nutrition Facts



Properties

Glycemic Index:2.95, Glycemic Load:4.33, Inflammation Score:-1, Nutrition Score:2.5017391203538%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 101.67kcal (5.08%), Fat: 5.82g (8.96%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 10.45g (3.8%), Sugar: 9.01g (10.01%), Cholesterol: 3.24mg (1.08%), Sodium: 13.79mg (0.6%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.7g (3.4%), Manganese: 0.22mg (10.98%), Copper: 0.15mg (7.55%), Phosphorus: 52.25mg (5.23%), Magnesium: 20.47mg (5.12%), Fiber: 0.82g (3.26%), Iron: 0.58mg (3.21%), Calcium: 31.56mg (3.16%), Selenium: 2.05µg (2.93%), Vitamin B2: 0.04mg (2.56%), Zinc: 0.38mg (2.53%), Potassium: 87.27mg (2.49%), Vitamin B1: 0.02mg (1.48%), Vitamin B6: 0.03mg (1.32%), Folate: 4.52µg (1.13%), Vitamin B5: 0.1mg (1.04%)