



Sweet and Salty Halloween Fudge

READY IN



70 min.

SERVINGS



25

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 12 oz chocolate chips (2 cups)
- ☐ 0.3 cup butter cut into pieces
- ☐ 1 teaspoon vanilla
- ☐ 1 cup liquid malt extract coarsely chopped
- ☐ 1 cup pretzel twists coarsely chopped
- ☐ 0.8 cup candy corn

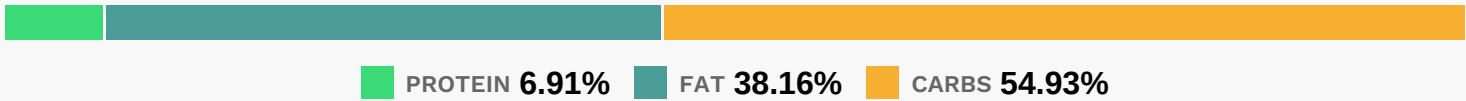
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Line 8-inch square pan with foil, leaving foil overhanging at 2 opposite sides of pan; spray foil with cooking spray. In 2-quart saucepan, heat condensed milk, chocolate chips and butter over medium heat 6 minutes, stirring frequently, until smooth.
- ☐ Remove from heat; stir in vanilla. Fold in chopped malted milk balls and pretzels.
- ☐ Pour mixture into pan, spreading evenly with spatula. Top with candy corn, pressing gently to adhere. Refrigerate 1 hour or until firm. Use foil to lift from pan.
- ☐ Cut into 5 rows by 5 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.76, Glycemic Load:6.36, Inflammation Score:-1, Nutrition Score:3.3808695550846%

Nutrients (% of daily need)

Calories: 188.32kcal (9.42%), Fat: 8.02g (12.34%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 25.4g (9.24%), Sugar: 20.07g (22.3%), Cholesterol: 11.61mg (3.87%), Sodium: 104.73mg (4.55%), Alcohol: 0.05g (100%), Alcohol %: 0.16% (100%), Protein: 3.27g (6.54%), Calcium: 102.24mg (10.22%), Vitamin B2: 0.14mg (8.4%), Phosphorus: 77.94mg (7.79%), Selenium: 3.97µg (5.68%), Potassium: 187.51mg (5.36%), Zinc: 0.7mg (4.66%), Vitamin B1: 0.06mg (4.03%), Magnesium: 14.23mg (3.56%), Vitamin B3: 0.53mg (2.64%), Vitamin B5: 0.26mg (2.61%), Vitamin B12: 0.15µg (2.53%), Folate: 10.05µg (2.51%), Manganese: 0.05mg (2.4%), Vitamin B6: 0.05mg (2.38%), Fiber: 0.58g (2.32%), Vitamin A: 111.68IU (2.23%), Vitamin E: 0.32mg (2.12%), Copper: 0.04mg (2%), Iron: 0.32mg (1.77%), Vitamin K: 1.62µg (1.54%)