



Vegan Peanut Butter Fudge



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



757 kcal

DESSERT

Ingredients

- ☐ 2 cups brown sugar packed
- ☐ 2 tablespoons plus light
- ☐ 4 tablespoons peanut butter
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup soy milk
- ☐ 1 teaspoon vanilla extract

Equipment

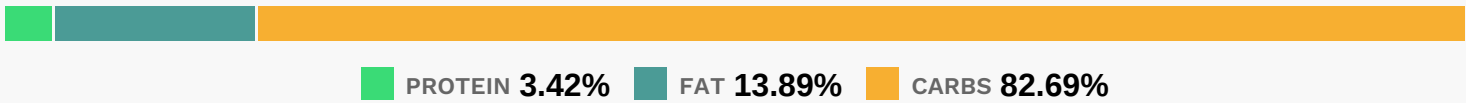
- ☐ frying pan

☐ pot

Directions

- ☐ Lightly grease one 9x5x2 inch pan.
- ☐ In a 2-quart pot over very low heat, mix together the brown sugar, salt, soy milk, corn syrup, peanut butter and vanilla. Cook until hot and brown sugar is dissolved.
- ☐ Quickly pour into pan and refrigerate.
- ☐ Cut into squares and store in semi-airtight container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:3.26, Inflammation Score:-3, Nutrition Score:9.8595652189916%

Nutrients (% of daily need)

Calories: 756.59kcal (37.83%), Fat: 12.11g (18.62%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 162.11g (54.04%), Net Carbohydrates: 160.85g (58.49%), Sugar: 157.43g (174.92%), Cholesterol: 0mg (0%), Sodium: 268.2mg (11.66%), Alcohol: 0.46g (100%), Alcohol %: 0.24% (100%), Protein: 6.71g (13.42%), Vitamin B3: 4.95mg (24.73%), Vitamin E: 3.43mg (22.87%), Calcium: 216.9mg (21.69%), Manganese: 0.41mg (20.5%), Vitamin B6: 0.29mg (14.63%), Magnesium: 49.56mg (12.39%), Copper: 0.23mg (11.61%), Potassium: 400.72mg (11.45%), Vitamin B12: 0.64µg (10.62%), Folate: 38.69µg (9.67%), Iron: 1.7mg (9.46%), Vitamin B2: 0.16mg (9.38%), Phosphorus: 78.27mg (7.83%), Selenium: 4.09µg (5.85%), Zinc: 0.79mg (5.29%), Vitamin C: 4.25mg (5.15%), Fiber: 1.26g (5.04%), Vitamin B1: 0.07mg (4.99%), Vitamin D: 0.71µg (4.72%), Vitamin A: 231.87IU (4.64%), Vitamin B5: 0.42mg (4.2%)