



## World's Best Peanut Fudge

 Popular

READY IN



85 min.

SERVINGS



11

CALORIES



635 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 0.7 cup flour all-purpose
- 7 ounce marshmallow crème
- 1 cup milk
- 12 ounces peanut butter
- 4 cups sugar white

### Equipment

- frying pan

sauce pan

baking pan

## Directions

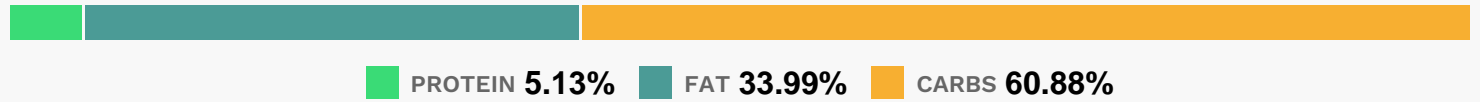
Grease a 9x13 inch baking dish, set aside.

In a saucepan, combine sugar, milk, and butter. Bring to a boil, and cook 5 minutes.

Remove from the heat. Stir in the marshmallow creme and peanut butter. Gradually stir in the flour.

Spread into the prepared pan, and let cool.

## Nutrition Facts



## Properties

Glycemic Index:22.46, Glycemic Load:56.11, Inflammation Score:-4, Nutrition Score:8.2378260882004%

## Nutrients (% of daily need)

Calories: 635.06kcal (31.75%), Fat: 25.19g (38.75%), Saturated Fat: 8.85g (55.32%), Carbohydrates: 101.49g (33.83%), Net Carbohydrates: 99.8g (36.29%), Sugar: 88.02g (97.8%), Cholesterol: 24.85mg (8.28%), Sodium: 208.33mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.11%), Manganese: 0.51mg (25.44%), Vitamin B3: 4.59mg (22.94%), Vitamin E: 3.07mg (20.48%), Magnesium: 56.8mg (14.2%), Phosphorus: 137.9mg (13.79%), Folate: 40.77µg (10.19%), Vitamin B2: 0.14mg (8.5%), Vitamin B6: 0.15mg (7.72%), Vitamin B1: 0.12mg (7.67%), Copper: 0.15mg (7.31%), Selenium: 4.8µg (6.85%), Fiber: 1.69g (6.76%), Zinc: 0.95mg (6.31%), Potassium: 219.74mg (6.28%), Vitamin A: 293.79IU (5.88%), Iron: 0.93mg (5.14%), Calcium: 46.78mg (4.68%), Vitamin B5: 0.46mg (4.55%), Vitamin B12: 0.14µg (2.29%), Vitamin D: 0.24µg (1.63%)