# Peanut-Butter Fudge Sauce <br> Dorothy C Frank (The Peanut Cookbook) <br> The Good Cook Sauces - Time-Life Books 

Yield: 2 1/2 cups
3/4 cup smooth peanut butter
8 ounces semisweet chocolate
4 ounces unsweetened chocolate
1/2 cup sugar
1/2 cup light cream
1/2 cup water

In a heavy saucepan, combine the semisweet and unsweetened chocolates, the sugar, cream and water.

Stir the mixture over low heat until the chocolate is melted.

Add the peanut butter and stir until the sauce is smooth.

Serve this sauce bot or cold over your favorite ice cream.

Per Serving (excluding unknown items): 3443 Calories; 252g Fat (59.2\% calories from fat); 73 g Protein; 317g Carbohydrate; 29g Dietary Fiber; 79mg Cholesterol; 997mg Sodium. Exchanges: 4 1/2 Grain(Starch); 6 1/2 Lean Meat; 47 Fat; 16 1/2 Other Carbohydrates.


| Calories (kcal): | 3443 | Vitamin $\mathbf{B 6}$ (mg): | 1.1 mg |
| :---: | :---: | :---: | :---: |
| \% Calories from Fat: | 59.2\% | Vitamin B12 (mcg): | . 3 mcg |
| \% Calories from Carbohydrates: | 33.2\% | Thiamin B 1 (mg): | . 4 mg |
| \% Calories from Protein: | 7.6\% | Riboflavin B2 (mg): | . 8 mg |
| Total Fat (g): | 252 g | Folacin (mcg): | 161 mcg |
| Saturated Fat (g): | 111 g | Niacin (mg): | 28 mg |
| Monounsaturated Fat (g): | 97g | Caffeine (mg): | 372 mg |
| Polyunsaturated Fat (g): | 32 g | Alcohol (kcal): | \% 0 |
| Cholesterol (mg): | 79 mg | Food Exchanges |  |
| Carbohydrate (g): | 317 g |  |  |
| Dietary Fiber (g): | 29g | Grain (Starch): | 4 1/2 |
| Protein (g): | 73 g | Lean Meat: | 6 1/2 |
| Sodium (mg): | 997 mg | Vegetable: | 0 |
| Potassium (mg): | 3215 mg | Fruit: | 0 |


| Calcium (mg): | 349 mg | Non-Fat Milk: | 0 |
| :--- | ---: | :--- | ---: |
| Iron $(\mathrm{mg}):$ | 18 mg | Fat: | 47 |
| Zinc $(\mathrm{mg}):$ | 14 mg | Other Carbohydrates: | $161 / 2$ |
| Vitamin C (mg): | 1 mg |  |  |
| Vitamin A (i.u.): | $1023 I U$ |  |  |
| Vitamin A (r.e.): | $241 R E$ |  |  |

## Nutrition Facts

| Amount Per Serving |  |
| :--- | ---: |
| Calories 3443 | Calories from Fat: 2038 |
|  | \% Daily Values* |
| Total Fat 252 g | $388 \%$ |
| Saturated Fat 111g | $556 \%$ |
| Cholesterol 79 mg | $26 \%$ |
| Sodium 997mg | $42 \%$ |
| Total Carbohydrates $\quad 317 \mathrm{~g}$ | $106 \%$ |
| $\quad$ Dietary Fiber 29g | $115 \%$ |
| Protein 73g |  |
| Vitamin A |  |
| Vitamin C | $20 \%$ |
| Calcium | $2 \%$ |
| Iron | $35 \%$ |

[^0]
[^0]:    * Percent Daily Values are based on a 2000 calorie diet.

