Peanut-Butter Fudge Sauce

Dorothy C Frank (The Peanut Cookbook) 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 hot or cold over your favorite ice cream.

Per Serving (excluding unknown items): 3443 Calories; 252g Fat (59.2% calories from fat); 73g 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.

Sauces and Condiments

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Calories (kcal):	3443	Vitamin B6 (mg):	1.1m
% Calories from Fat:	59.2%	Vitamin B12 (mcg):	.3mc
% Calories from Carbohydrates:	33.2%	Thiamin B1 (mg):	.4m
% Calories from Protein:	7.6%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	252g	Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	161mcg
Saturated Fat (g):	111g		28mg
Monounsaturated Fat (g):	97g		372mე (
Polyunsaturated Fat (g):	32g		0 nº/
Cholesterol (mg):	79mg		
Carbohydrate (g):	317g	Food Exchanges	
Dietary Fiber (g):	29g	Grain (Starch):	4 1/2
Protein (g):	73g	Lean Meat:	6 1/2
Sodium (mg):	997mg	Vegetable:	(
Potassium (mg):	3215mg	Fruit:	(

Calcium (mg):	349mg	Non-Fat Milk:	0
Iron (mg):	18mg	Fat:	47
Zinc (mg):	14mg	Other Carbohydrates:	16 1/2
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	1023IU		
Vitamin A (r.e.):	241RE		

Nutrition Facts

Amount Per Serving				
Calories 3443	Calories from Fat: 2038			
	% Daily Values*			
Total Fat 252g Saturated Fat 111g Cholesterol 79mg Sodium 997mg Total Carbohydrates 317g Dietary Fiber 29g Protein 73g	388% 556% 26% 42% 106% 115%			
Vitamin A Vitamin C Calcium Iron	20% 2% 35% 100%			

^{*} Percent Daily Values are based on a 2000 calorie diet.