

CANDYBLOG

THURSDAY, OCTOBER 04, 2007

GudFud Stuffed Marshmallows

Stuffed, bite-sized marshmallows are not a new product, but certainly not one that's widely available in the United States.

I've seen them at Japanese grocers and Aji Ichiban before, but never packaged just for Americans. And certainly never in these sassy little three puff portions.



Enter GudFud. They're here to bring us the Asian foamy sweets. They're packaged to look like they're Japanese (terribly cute and with Japanese characters on the label, what they say, I know not) but they're actually made in China. I tried some before and [wrote about them here](#).



The name is a little wacky, and rather Germanic with the umlauts (GüdFüd). Call it fusion! It's supposed to be pronounced Good Food.

I've never considered jelly and marshmallows "food", but perhaps I can start thinking of them as "food."

The little individually wrapped Fruit Jelly Stuffed Marshmallows are a bit smashed when inside the package but fluff back up pretty quickly. There's a lot of packaging, which I guess I didn't notice at first because it's mostly clear. The fruity ones were cute and

once unwrapped, completely identical on the outside.

The jelly center is where things get different. The jelly is smooth and soft, not quite flowing, but not quite firm like an "orange slice" would be. Really, kind of like the jelly you'd spread on your toast. The flavor is mild, a little tangy, not terribly complex ... just, well nice.

The mix of fruit and marshmallow isn't really great in my mind. So I tried toasting a package or two. They toasted nicely, though the center didn't get that molten consistency that I'm used to with Jet or Kraft marshmallows. The marshmallow skin puffed well and browned (well, one caught on fire, but consider it a sacrifice to the marshmallow fire god). Still, the toasted flavor and jelly didn't really grab me either.

So what about a Chocolate Stuffed Marshmallow. Though each of these are the same, the little packages still have a different little character on them. Each with a different reaction to getting a chocolate bar stuffed into their cranium.



The chocolate filling isn't firm, it's soft and easy to bite. It still doesn't have a lot of chocolate oomph to it, more like a chocolate cream.

I like that the package has three marshmallows in it and you might be able to just pick them up where you buy candy bars. For those on calorie-restricted diets, a single package with three marshmallows is only 50 calories and practically no fat. I don't know how satisfying they'd be, you might burn more

Meticulously photographed & documented reviews of candy from around the world. And the occasional other sweet adventures. Open your mouth, expand your mind.



FEATURED NEWS ITEMS

Summer 2008 Candy Giveaway!

I've got forums and you want candy. So let's make a deal: simply register and create a profile on the new Candy Forums between now and July 15th and you'll be eligible to win an exceptional package of summer-safe candies shipped right to your door. ([more](#))

Twizzlers (Strawberry)

Name: Strawberry Twizzlers Brand: Y&S Candies (Hershey's) Place Purchased: KMart (Park LaBrea) Price: \$1.25 Size: 16 ounces Calories per ounce: 94 Type: Chew Rating: 5 out of 10 ([more](#))

Candy Blog Photography

Here's some more behind-the-scenes in the Candy Blog Studio ... what happens when I actually shoot and most importantly, how I prep the shots for the reviews. I've shot over 25,000 candy photos ... but have only about 2,500 to show for it. Here's how my process works. ([more](#))

CANDYFORUMS

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Candy Season Begins

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CANDY RATINGS

- 10 SUPERB
 - 9 YUMMY
 - 8 TASTY
 - 7 WORTH IT
 - 6 TEMPTING
 - 5 PLEASANT
 - 4 BENIGN
 - 3 UNAPPEALING
 - 2 APPALLING
 - 1 INEDIBLE
- TYPE

- Aerated (7)
- Caffeinated (10)
- Caramels (131)
- Carbonated (13)
- Compressed Dextrose (35)
- Chews (92)
- Chocolate (543)
- Cinnamon (15)
- Coconut (44)
- Coffee (63)
- Cookie (117)
- Discontinued (9)
- Fair Trade (30)
- Ginger (21)
- Gum (20)
- Gummi Candy (44)
- Hard Candy & Lollipops (79)
- Head to Head (17)
- Jelly Candy (65)
- KitKat (25)
- Kosher (151)
- Licorice Candy (24)
- Limited Edition (88)
- Malt (22)
- Marshmallow (48)
- Mints (79)
- M&Ms (14)
- Mockolate (31)
- Nibs (19)
- Nougat (38)
- Novelty/Toy (21)
- Nuts (167)
- Organic (40)
- Peanuts (124)
- Single Origin (12)
- Sour (63)
- Starburst (10)
- Sugar Free (6)
- Toffee (24)
- White Chocolate (55)

calories opening all the wrappers than you'll take in from the treats.

I expect they'll start showing up in stores soon (they pretty much debuted at the All Candy Expo). If they came in large bags they could be fun Halloween treats. (You can buy a box of singles through their phone order system.)

Check out [Sera's review on Candy Addict](#).

Related Candies

1. [Circus Peanuts](#)
2. [Peeps Mash Ups](#)
3. [Candy Source: Aji Ichiban](#)
4. [Brachs Bunny Basket Eggs](#)
5. [Artisan Marshmallows: Plush Puffs](#)

| | |
|---------------------------------------------------------------------------------------------------------------------|---------------|
| NAME: Stuffed Marshmallows | RATING: |
| BRAND: Gud Fud | 10 SUPERB |
| PLACE PURCHASED: samples from GudFud | 9 YUMMY |
| PRICE: retail \$.75 to \$1.00 | 8 TASTY |
| SIZE: .53 ounces | 7 WORTH IT |
| CALORIES PER 94 OUNCE: | 6 TEMPTING |
| CATEGORIES: Chocolate , Jelly , Marshmallow , China | 5 PLEASANT |
| | 4 BENIGN |
| | 3 UNAPPEALING |
| | 2 APPALLING |
| | 1 INEDIBLE |

POSTED BY [CYBELE](#) AT 10:21 AM

Chuckles Candy is fun
Tasty and fat free jelly candy Lowest prices on fun candy, here!

Wholesale Chocolate Candy
Looking For Wholesale Candy? Find It By Location With Local.com!

Ads by Google

● Comments

1. I loooooove marshmallows, so I'm going to be keeping an eye out for these.
I also enjoy that in the illustrations, it looks like the little marshmallow guys are having objects smashed into their heads. (And in the case of the one with an orange, it looks rather painful, though grape seems to be enjoying it.) It makes me laugh.

Comment by Pumpkin on 10/04/07 at 11:58 am
2. I was so excited for this review. The fruit ones don't interest me terribly, but I would like to try the chocolate. They'd cut down on the ingredients you'd need for smors.

Comment by Karen on 10/04/07 at 12:09 pm
3. I wanna see the inside of a chocolate one! These look yummy!

Comment by April on 10/04/07 at 12:14 pm
4. The individual packet that you took a picture of says "orange" in katakana

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VOTE IN THE POLL

Do you consider chocolate covered cookies or pretzels candy?

Total Votes: 217

Yes 22% (47)

Yes but only if it's real chocolate, not yogurt. 10% (21)

No 53% (114)

I don't care what it's called 16% (35)

(see archived polls)

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● SEASONAL CANDY

- Halloween
- Green Halloween
- Christmas
- Valentine's Day
- Easter

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● FRESH FORUM POSTS

- Here's what's being discussed on the forums:
- 7/2 Which do you prefer? Milk, dark or white? (18 replies)
 - 7/10 I live in Canada - anyone from the U.S. want to swap candy? (13 replies)
 - 7/7 New Flavors of Hershey Kisses (10 replies)
 - 7/2 Which do you prefer: Chocolate bars or individual pieces (from boxed chocolates) (9 replies)
 - 7/2 M&Ms; Premiums (9 replies)
 - **Start your own topic!**

Your Candy Kingdom



CandyDirect.com

● RECENT COMMENTS

- The following items have been commented on most recently:
- [Join the Candy Forums!](#) (10)
 - [Mentos - Pine Fresh \(Pineapple\)](#) (8)
 - [Cadbury Ornament Creme Egg](#) (7)
 - [Skittles Chocolate Mix](#) (51)
 - [Mint Crisp M&Ms \(Indiana Jones\)](#) (31)
 - [Niederegger Marzipan Orange](#) (11)

● BRAND

- Adams & Brooks (4)
- Albanese Confectionery (5)
- Albert's (3)
- American Licorice (2)
- Annabelle's (5)
- Arcor (2)
- Atkinson's (5)
- Au'some Candy (4)
- Botticelli (4)
- Boule (3)
- Brach's (7)
- Brown & Haley (4)
- Cadbury (33)
- Caffarel (7)
- Ce De Candies (2)
- Charles Chocolates (5)
- Choxie (Target) (5)
- Chuao Chocolatier (5)
- Concord Confections (3)
- Dagoba (6)
- Disney (3)
- Dolfin (3)
- Elite (4)
- Endangered Species (6)
- Equal Exchange (5)
- Farley's & Sathers (7)
- Ferrara Pan (7)
- Ferrero (11)
- Flix (4)
- Ghirardelli (4)
- Glico (9)
- GooGoo (2)
- Green & Black (4)
- Guittard (4)
- Haribo (4)
- Harry London (3)
- Hershey's (122)
- Idaho Candy Co (2)
- Impact Confections (4)
- Jelly Belly (17)
- Just Born (17)
- Kasugai (3)
- Koppers (5)
- Kraft (12)
- Lake Champlain (6)
- Lindt (3)
- Lotte (5)
- Marabou (2)
- MarieBelle (2)
- Mars (77)
- Meiji (11)
- Melster (2)
- Michel Cluizel (6)
- Morinaga (11)
- Necco (11)
- Nestle (81)
- New Tree (2)
- Oriental Trading Company (2)
- Palmer (5)
- Paskesz (2)
- Pearson's (3)
- Perfetti van Melle (20)

The fruit package says "fruit jelly marshmallow" in katakana

The chocolate ones, from what i can see, says "chocolate marshmallows" in Katakana

these look tasty!! kraft's coming out with chocolate marshmallows as well o.O

Comment by Erica on 10/04/07 at 12:51 pm

5. First, allow me to say thank (and curse you!) for your fantastic site. I have spent (wasted) many hours here in the last couple of weeks.

My housework is suffering, but I am now looking at (and eating) candy in an entirely different way. (OK, I am still eating it in the same way; ie.: in the mouth, chew, swallow, but it feels different:!))

Today's post sent me to your review of Aji Ichiban (which means something like #1 or the best, BTW). I have discovered that there is one near me, so I am planning an excursion next week. I am fairly new to Japanese candy, but I have an adventurous spirit; any suggestions?

And once again, thanks for the fun! Who needs to vacuum? Save the dust bunnies!

Comment by Heidi Schulz on 10/05/07 at 8:03 am

6. Oh, I hope I can find these. I love marshmallow! The fruit ones aren't really my cup of tea, but the chocolate ones.. mmm!

Comment by Alicia on 10/05/07 at 6:11 pm

7. Do you still make the chocolate covered marshmallow and mint jelly candies?

Comment by Liz Wright on 10/10/07 at 11:35 am

8. I saw these advertised on Daily Candy ... so I went ahead and ordered the adorable gift boxes for \$12.50 each (32 packets in each) for Xmas gifts ... they are soooo good! And I have found they are perfect for hot chocolate!

Comment by Erika F on 11/27/07 at 1:53 pm

Name:

Email:

(not published)

Location:

(not published -

please don't put your address in there)

URL:

Comments may be held for moderation to prevent spam and other violations of the Candy Blog [Comment Policy](#)

● ON DECK

These candies will be reviewed shortly:

- Jersey Milk
- Bloomsberry & Co. Chocolate: Climate Change Chocolate
- Sunkist Fruit Gummies
- Galler Kaori
- Mentos Tropical & Black Currant

● CANDY BLOG ROLL

- [Candy Addict](#) - Group blog about new candies and candy news
- [Candy Critic](#) - an exhaustive site of candy reviews from Canada
- [Candy from Strangers](#) - Malena's traveling the world in pursuit of regional sweets
- [Candy Yum Yum](#) - Patti's thoughts on candy as a writer and professional taste tester
- [Chocablog](#) - UK based group blog with chocolate reviews from all over Europe
- [Chocolate Blog](#) - Julie's reviews of high end chocolate
- [The Chocolate Gourmand](#) - Brian makes chocolate & candy (and reviews a bit too) and takes fabulous photos
- [Chocolate Bytes](#) - Heather's little corner of all things chocolate (including recipes).
- [The Chocolate Life](#) - more than just a chocolate blog, this is Clay Gordon's chocolate community with forums & a place for you to blog, too.
- [Jim's Chocolate Mission](#) - Jim's exhaustive search for the best chocolate candy bar (UK)
- [Chocolate Nerd](#) - Imani's NY-based perspective on all things chocolate
- [The Chocolate Note](#) - Casey brings an excellent nose to her reviews with incredible tasting notes on all the best chocolate in the world
- [Chocolate Obsession](#) - William's news, reviews and thoughts on the most perfect of foods

- [Candy Revival: Good 'n Fruity Returns](#) (44)
- [Twizzlers Rainbow Twists](#) (25)
- [I Miss: Marathon](#) (55)
- [SweetTarts Rope](#) (25)

● SWEET GUIDES

- [Candy Photo Browser](#)
- [All Candy Expo coverage](#)
- [Fancy Food Show '07](#)
- [Candy Gift Guides](#)

● SWEET CITIES

- [Bay Area](#)
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● OTHER NON-CANDY READS

- [Accidental Hedonist](#) - Food, Travel, and other Irrelevant Irreverence
- [Ask Umbra](#) - an advice column for environmentalists at Grist magazine
- [Baking Bites](#) - Nicole's recipes and real-world kitchen
- [Cheap Eats](#) - Bryan's reviews & recipes of cheap eats
- [Chowhound](#) - straight talk from your fellow eaters mouths
- [Dynamic Fitness Blog](#) - enjoy more candy when you have a fitness plan
- [The Girl Who Ate Everything](#) - Robyn's tireless documentation of food
- [Green LA Girl](#) - Fair trade coffee, local politics, and ethical consumerism in Los Angeles
- [Junk Food Blog](#) - new junk food product announcements
- [I Ate a Pie](#) - diet food reviews for a healthier you
- [The Impulsive Buy](#) - Marvo's reviews of things, food and sometimes sweets
- [Heat, Eat, Review](#) -

- Pop Rocks (5)
- Promotion in Motion (2)
- Queen Anne (2)
- Reese's (12)
- Ritter Sport (5)
- Russell Stover (11)
- Scharffen Berger (6)
- See's (7)
- Storck (5)
- Surf Sweets (1)
- Sweet Botanicals (2)
- Taste of Nature (3)
- Terra Nostra (1)
- Theo (3)
- Thompson Candy (3)
- Tootsie (21)
- Topps (4)
- Trader Joe's (19)
- UHA (8)
- Valerie Confections (3)
- Valomilk (6)
- Vosges (4)
- Wilbur (3)
- Wrigley's (13)

● COUNTRY

- Australia (7)
- Austria (2)
- Belgium (21)
- Brazil (7)
- Canada (50)
- China (30)
- Columbia (2)
- Czech Republic (1)
- Ecuador (1)
- Finland (5)
- France (15)
- Germany (30)
- Indonesia (7)
- Israel (6)
- Italy (27)
- Japan (64)
- Kenya (1)
- Lithuania (2)
- Malaysia (4)
- Mexico (19)
- Netherlands (11)
- New Zealand (3)
- Peru (1)
- Poland (4)
- South Africa (4)
- South Korea (2)
- Spain (11)
- Sweden (3)
- Switzerland (11)
- Taiwan (1)
- Turkey (7)

Remember me!

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[The Chocolate Review](#) - Terry's candy reviews from the UK
[Chocolate Snob](#) - Rachel demonstrates the best use of a moleskine book ever with copious notes and chocolate reviews.

[David Lebovitz](#) - personal guide for chocolate tours of Paris, cookbook writer and incredible blogger

[The Girl Tastes](#) - Alicia eats candy, makes it and of course has other food interests (along with fun photos)

[Gigi Reviews](#) - Gigi eats a lotta different stuff, but mostly candy

[Sugar Hog Blog](#) - Rebecca may live in the midwest, but she's got a whole lot of international candies in her reviews!
[Sugar Savvy](#) - group blog on the world of sweets

[Wisconsin Candy Dish](#) - small group blog with regional and personal flair

[ZOMG Candy!](#) - candy fandom in the form of a blog

frozen food reviews straight from the microwave to you
[Not Martha](#) - crafts and adventures with a good dose of candy
[Serious Eats](#) - webzine & more about food
[Taqitos](#) - over 2,800 reviews of snackfoods (mostly chips)
[Yum Sugar](#) - a foodie blog & community, part of the Sugar Publishing family