



4 Ingredient Toffee



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



36

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup sugar
- ☐ 1 cup butter
- ☐ 0.3 cup water
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 cup pecans finely chopped

Equipment

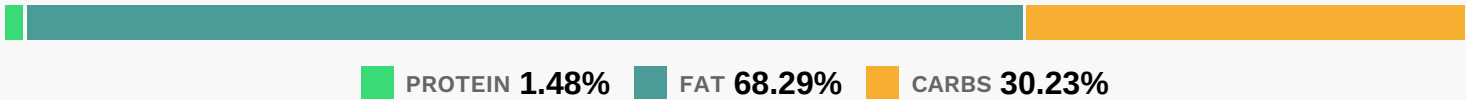
- ☐ baking sheet
- ☐ sauce pan

☐ candy thermometer

Directions

- ☐ Heat sugar, butter and water to boiling in heavy 2-quart saucepan, stirring constantly; reduce heat to medium. Cook about 13 minutes, stirring constantly, to 300°F on candy thermometer or until small amount of mixture dropped into cup of very cold water separates into hard, brittle threads. (Watch carefully so mixture does not burn.)
- ☐ Immediately pour toffee onto ungreased large cookie sheet. If necessary, quickly spread mixture to 1/4-inch thickness.
- ☐ Sprinkle with chocolate chips; let stand about 1 minute or until chips are completely softened.
- ☐ Spread softened chocolate evenly over toffee.
- ☐ Sprinkle with pecans.
- ☐ Let stand at room temperature about 1 hour, or refrigerate if desired, until firm. Break into bite-size pieces. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:3.88, Inflammation Score:-2, Nutrition Score:1.0347826254109%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 91.66kcal (4.58%), Fat: 7.14g (10.99%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.77g (2.46%), Sugar: 6.52g (7.25%), Cholesterol: 0.15mg (0.05%), Sodium: 59.85mg (2.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Manganese: 0.1mg (5.07%), Vitamin A: 227.65IU (4.55%), Copper: 0.05mg (2.5%), Magnesium: 6.44mg (1.61%), Vitamin E: 0.23mg (1.54%), Fiber: 0.35g (1.38%), Phosphorus: 12.14mg (1.21%), Iron: 0.2mg (1.11%)