



Almond Buttercrunch

 **Gluten Free**

READY IN



45 min.

SERVINGS



60

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almonds finely chopped
- 0.8 cup butter
- 2 cups milk chocolate chips
- 2 cups sugar white

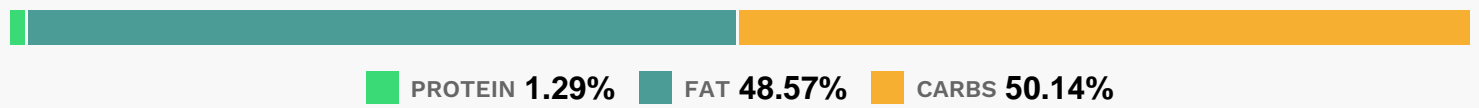
Equipment

- baking sheet
- sauce pan

Directions

- In a saucepan over low heat, combine the butter, sugar and 1 cup chopped almonds. Stir constantly until mixture boils, then do not stir or shake.
- Heat to 300 to 310 degrees F (149 to 154 degrees C), or until a small amount of syrup dropped into cold water forms hard, brittle threads.
- Pour onto a large buttered cookie sheet. Immediately press chocolate chips onto the hot candy. As the chocolate melts, spread it into a coating over the candy.
- Sprinkle finely chopped almonds over the top; cool, and break into uneven pieces.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:4.67, Inflammation Score:-1, Nutrition Score:0.52913043486035%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 82.91kcal (4.15%), Fat: 4.63g (7.13%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 10.61g (3.86%), Sugar: 10.14g (11.26%), Cholesterol: 6.1mg (2.03%), Sodium: 18.32mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Vitamin E: 0.37mg (2.47%), Vitamin A: 70.92IU (1.42%), Manganese: 0.03mg (1.37%)