

Almond Crunch

 **Gluten Free**

READY IN

ready

140 min.

SERVINGS

servings

6

CALORIES

calories

859 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup blanched slivered almonds
- ☐ 1 cup butter
- ☐ 2 tablespoons plus light
- ☐ 2 cups milk chocolate chips
- ☐ 2 tablespoons water
- ☐ 1.3 cups sugar white

Equipment

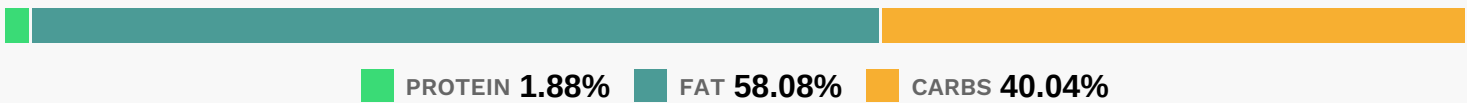
- ☐ frying pan

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Arrange almonds in a single layer on a baking sheet. Toast in the preheated oven until lightly browned, approximately 5 minutes.
- ☐ Line a jelly roll pan with foil.
- ☐ In a heavy saucepan, combine butter, sugar, corn syrup, and water. Cook over medium heat, stirring constantly, until mixture boils. Boil, without stirring, to hard crack stage, 300 degrees F (150 degrees C).
- ☐ Remove from heat.
- ☐ Working quickly, stir in almonds, and pour mixture into foil lined jelly roll pan; tip pan from side to side to spread candy evenly in pan.
- ☐ Sprinkle chocolate chips over candy brittle.
- ☐ Let stand about 5 minutes, or until shiny and soft.
- ☐ Spread chocolate evenly over candy. Cool to room temperature, then refrigerate for 1 hour. Break into bite-size pieces.

Nutrition Facts



Properties

Glycemic Index:23.18, Glycemic Load:30.17, Inflammation Score:-5, Nutrition Score:6.8939129995263%

Nutrients (% of daily need)

Calories: 858.64kcal (42.93%), Fat: 57.43g (88.35%), Saturated Fat: 30.87g (192.96%), Carbohydrates: 89.09g (29.7%), Net Carbohydrates: 87.31g (31.75%), Sugar: 82.36g (91.51%), Cholesterol: 81.34mg (27.11%), Sodium: 251.9mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Vitamin E: 5.15mg (34.35%), Vitamin A: 946.72IU (18.93%), Manganese: 0.33mg (16.6%), Magnesium: 49.12mg (12.28%), Calcium: 95.94mg (9.59%), Phosphorus: 95.66mg (9.57%), Copper: 0.19mg (9.43%), Vitamin B2: 0.15mg (8.75%), Potassium:

300.03mg (8.57%), Fiber: 1.78g (7.13%), Zinc: 0.61mg (4.04%), Iron: 0.62mg (3.44%), Vitamin B3: 0.65mg (3.23%), Vitamin B1: 0.04mg (2.71%), Vitamin K: 2.65µg (2.52%), Folate: 9.95µg (2.49%), Selenium: 1.26µg (1.79%), Vitamin B6: 0.02mg (1.09%), Vitamin B12: 0.06µg (1.07%)