

Almond Espresso Toffee



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



30

CALORIES



170 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups granulated sugar
- ☐ 1.5 teaspoons baking soda sifted
- ☐ 6 tablespoons water cold
- ☐ 8 ounces chocolate dark
- ☐ 1 cup almonds toasted finely chopped
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons plus
- ☐ 1 tablespoon espresso powder instant finely

- ☐ 8 ounces butter cut into 1 inch pieces (2 sticks)

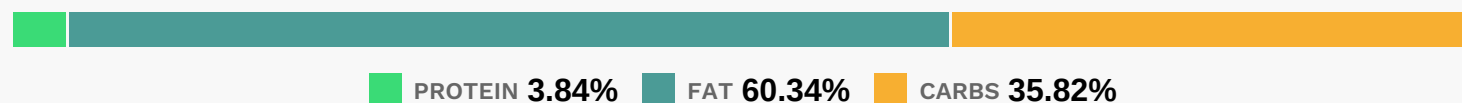
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ kitchen thermometer
- ☐ offset spatula
- ☐ pastry brush

Directions

- ☐ Line jelly roll pan with parchment on the bottom and sides and set aside. Assemble all ingredients and your tools. In a large, heavy saucepan, combine the butter, sugar, water, and corn syrup. Turn the heat to medium and use a pastry brush dipped in cool water to wash down the sides of the pan to ensure that there's not sugar stuck to the edges. Once the butter and sugar melt and the mixture begins to bubble, place the thermometer in the pot and cook until the temperature reaches 300°F.
- ☐ Remove the mixture from heat, and working quickly to prevent further cooking, immediately mix in the espresso or espresso powder, followed by the baking soda and salt.
- ☐ Mix until incorporated, then pour the mixture out onto the prepared pan. Allow the toffee to cool down to room temperature, about 1 hour.
- ☐ Prepare the tempered chocolate and pour it out over the toffee. Using an offset spatula, spread the chocolate in an even coat over the toffee.
- ☐ Sprinkle the top with the chopped almonds and allow the chocolate to set completely, about 2 hours, preferably overnight.
- ☐ Remove the parchment from the pan and cut the toffee into rectangles. Store in an airtight container in a cool, dry place.

Nutrition Facts



Properties

Glycemic Index:5.74, Glycemic Load:7.85, Inflammation Score:-2, Nutrition Score:3.4039130068344%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 170.25kcal (8.51%), Fat: 11.77g (18.1%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 15.72g (5.24%), Net Carbohydrates: 14.3g (5.2%), Sugar: 13.13g (14.59%), Cholesterol: 16.48mg (5.49%), Sodium: 183.63mg (7.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.28mg (3.76%), Protein: 1.68g (3.37%), Manganese: 0.26mg (12.98%), Vitamin E: 1.44mg (9.6%), Copper: 0.18mg (9.2%), Magnesium: 30.85mg (7.71%), Iron: 1.09mg (6.06%), Fiber: 1.42g (5.68%), Phosphorus: 48.53mg (4.85%), Vitamin A: 191.92IU (3.84%), Vitamin B2: 0.06mg (3.81%), Potassium: 96.94mg (2.77%), Zinc: 0.41mg (2.76%), Calcium: 20.82mg (2.08%), Vitamin B3: 0.3mg (1.51%), Selenium: 0.88µg (1.25%), Vitamin K: 1.08µg (1.03%)