



Almond Toffee

 Gluten Free

READY IN



30 min.

SERVINGS



31

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter
- 1 tablespoon plus light
- 1 cup semi chocolate chips
- 1.5 cups slivered almonds divided toasted chopped
- 1 cup sugar
- 0.3 cup water

Equipment

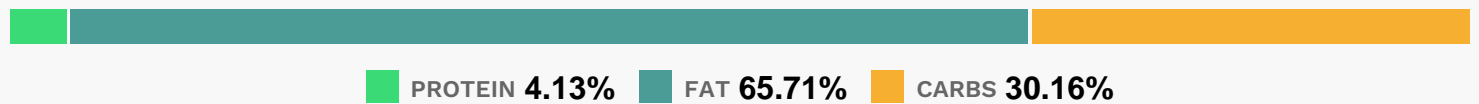
- baking sheet

- sauce pan
- candy thermometer

Directions

- Spread 1 cup almonds into a 9-inch circle on a lightly greased baking sheet.
- Bring sugar and next 3 ingredients to a boil in a heavy saucepan over medium heat, stirring constantly. Cook until mixture is golden brown and a candy thermometer registers 290 to 310 (about 15 minutes).
- Pour sugar mixture over almonds on baking sheet.
- Sprinkle with morsels; let stand 30 seconds.
- Spread melted morsels evenly over top; sprinkle with remaining 1/2 cup chopped almonds. Chill 1 hour. Break into bite-size pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:4.66, Inflammation Score:-2, Nutrition Score:2.7986956303534%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg 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: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg 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: 143.23kcal (7.16%), Fat: 10.79g (16.6%), Saturated Fat: 5.24g (32.76%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 10.03g (3.65%), Sugar: 9.35g (10.39%), Cholesterol: 16.09mg (5.36%), Sodium: 48.32mg (2.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.99mg (1.66%), Protein: 1.53g (3.05%), Vitamin E: 1.54mg (10.28%), Manganese: 0.2mg (9.83%), Copper: 0.13mg (6.35%), Magnesium: 24.5mg (6.13%), Fiber: 1.12g (4.47%), Phosphorus: 41.99mg (4.2%), Vitamin B2: 0.07mg (3.89%), Vitamin A: 185.95IU (3.72%), Iron: 0.57mg (3.14%), Zinc: 0.33mg (2.18%), Potassium: 73.12mg (2.09%), Calcium: 19.63mg (1.96%), Vitamin B3: 0.24mg (1.2%), Selenium: 0.82µg (1.17%)