



## Almond Toffee Bark



Gluten Free



Low Fod Map

READY IN



205 min.

SERVINGS



36

CALORIES



128 kcal

DESSERT

### Ingredients

- ☐ 10 ounces almonds sliced
- ☐ 6 ounces fine-quality bittersweet chocolate sweetened (not )
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup water

# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ double boiler
- ☐ baking pan
- ☐ wooden spoon
- ☐ wax paper
- ☐ offset spatula

# Directions

- ☐ Preheat oven to 350 degrees and oil a large baking sheet.
- ☐ In a large baking pan spread almonds evenly and toast in the middle of the oven, stirring nuts halfway through toasting until golden, about 10 minutes.
- ☐ In a 3-quart heavy saucepan bring butter, sugar, water, lemon juice, vanilla, and salt to a boil over moderate heat, stirring with a wooden spoon. Boil mixture, without stirring, swirling pan occasionally, until deep golden, about 12 minutes.
- ☐ Remove pan from heat and stir in two-thirds of the almonds. Immediately pour toffee onto baking sheet and with an offset spatula spread into a thin layer. Carefully transfer baking sheet (it will be very hot) to a rack and cool toffee.
- ☐ Chop chocolate. In a double boiler or small metal bowl set over a saucepan of barely simmering water melt chocolate, stirring until smooth.
- ☐ Pour chocolate over cooled toffee and evenly spread with offset spatula.
- ☐ Sprinkle toffee with remaining almonds. Chill toffee, uncovered, until firm, about 1 hour.
- ☐ Break toffee into 2-inch pieces of "bark." Bark keeps, layered between sheets of wax paper in an airtight container at cool room temperature or chilled, 1 week.

# Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:5.89, Inflammation Score:-2, Nutrition Score:3.3330434508946%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 127.89kcal (6.39%), Fat: 8.32g (12.81%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.15g (4.06%), Sugar: 10.41g (11.57%), Cholesterol: 7.06mg (2.35%), Sodium: 17.25mg (0.75%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.99g (3.97%), Vitamin E: 2.12mg (14.12%), Manganese: 0.24mg (12.16%), Magnesium: 29.69mg (7.42%), Copper: 0.14mg (7.08%), Vitamin B2: 0.09mg (5.58%), Fiber: 1.36g (5.45%), Phosphorus: 50.96mg (5.1%), Iron: 0.6mg (3.31%), Calcium: 25.06mg (2.51%), Zinc: 0.38mg (2.5%), Potassium: 85.95mg (2.46%), Vitamin B3: 0.33mg (1.63%), Vitamin A: 81.25IU (1.63%), Vitamin B1: 0.02mg (1.19%), Selenium: 0.8µg (1.15%)