



Almond Toffee Bites

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups almonds toasted finely chopped
- ☐ 12 oz chocolate roughly chopped
- ☐ 0.5 teaspoon salt
- ☐ 10.5 oz sugar
- ☐ 4 oz butter unsalted cut into pieces
- ☐ 1 teaspoon vanilla extract

Equipment

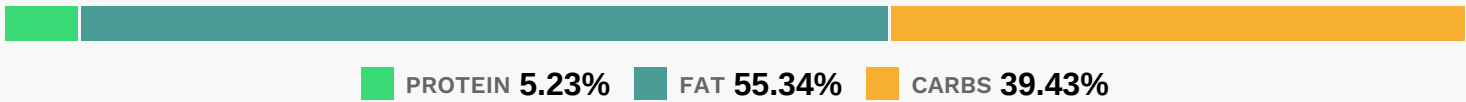
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ wax paper

Directions

- ☐ Line an 8x10 baking sheet with a silicone baking mat.Melt butter in a saucepan over medium heat.
- ☐ Add sugar, 2 tablespoons water, and salt. Stir occasionally until it comes to a boil.Continue cooking without stirring until the mixture reaches 290 degrees F.
- ☐ Remove from heat and add in vanilla and 1 cup almonds.
- ☐ Spread out mixture on the baking sheet.
- ☐ Let set for about 45 minutes, until mixture is set but still pliable. Score into rectangles.Break sheet of toffee into individual pieces.Melt and temper chocolate. (If you don't want to temper the chocolate, you don't have to, but the resulting candy will be softer and should be refrigerated).
- ☐ Place remaining 2 cups chopped almonds in a large bowl. Line a baking sheet with parchment or wax paper.Dip toffee pieces in chocolate and then roll in chopped almonds.
- ☐ Place on baking sheet and let set before eating or wrapping.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:18.12, Inflammation Score:-4, Nutrition Score:7.6608695886705%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 334.46kcal (16.72%), Fat: 22g (33.85%), Saturated Fat: 8.59g (53.68%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 31.87g (11.59%), Sugar: 30.33g (33.7%), Cholesterol: 15.24mg (5.08%), Sodium: 77.24mg (3.36%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 14.03mg (4.68%), Protein: 4.68g (9.36%), Vitamin E: 4.8mg (31.97%), Manganese: 0.52mg (25.76%), Magnesium: 72.46mg (18.12%), Copper: 0.31mg (15.44%), Vitamin B2: 0.26mg (15.35%), Fiber: 3.4g (13.62%), Phosphorus: 118.95mg (11.9%), Iron: 1.26mg (7.01%), Zinc: 0.89mg (5.9%), Potassium: 195.14mg (5.58%), Calcium: 55.15mg (5.51%), Vitamin B3: 0.79mg (3.97%), Vitamin A: 177.29IU (3.55%), Vitamin B1: 0.04mg (2.75%), Folate: 8.72µg (2.18%), Selenium: 1.51µg (2.16%), Vitamin K: 1.84µg (1.75%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.11mg (1.07%)