



## Amazing Passover Chocolate Toffee Matzo

 **Gluten Free**  **Low Fod Map**

READY IN



**85 min.**

SERVINGS



**30**

CALORIES



**204 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup t brown sugar dark packed
- 0.5 cup pecans chopped
- 1 cup butter salted
- 20 ounces semi chocolate chips

### Equipment

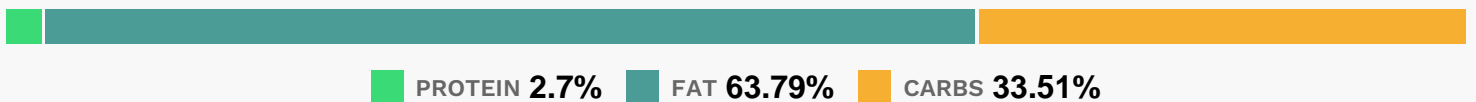
- bowl
- baking sheet
- sauce pan

- ladle
- oven
- aluminum foil
- ziploc bags
- microwave
- spatula

## Directions

- Preheat oven to 325 degrees F (165 degrees C). Line baking sheets with foil and pinch the edges into a lip to contain drips. Grease the foil well with butter.
- Place the matzos onto the baking sheets, breaking them in half if needed.
- Melt the butter in a saucepan with the brown sugar over medium heat; bring to a boil and reduce heat. Simmer the mixture until thickened, about 5 minutes. Ladle the hot sugar mixture over the matzos, spreading the mixture over the matzos with a rubber spatula.
- Bake in the preheated oven until the sugar mixture is bubbling and thick, about 20 minutes. Set aside to cool until the toffee coating is firm, about 15 minutes.
- Place the semisweet chocolate chips into a microwave-safe bowl and microwave on Low until the chips are just melted (do not let the chocolate overheat or scorch).
- Spread the melted chocolate over the toffee-coated matzos; sprinkle chopped pecans on top.
- Place the baking sheets into the refrigerator until the treats are cold, about 30 minutes.
- Remove the matzos from the foil, break up into pieces, and store in an airtight container or plastic bags in refrigerator or freezer.

## Nutrition Facts



## Properties

Glycemic Index:2, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.664347830188%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## **Nutrients (% of daily need)**

Calories: 204.1kcal (10.21%), Fat: 14.69g (22.59%), Saturated Fat: 8.17g (51.03%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 15.67g (5.7%), Sugar: 14.13g (15.7%), Cholesterol: 17.4mg (5.8%), Sodium: 52.6mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.25mg (5.42%), Protein: 1.4g (2.79%), Manganese: 0.34mg (16.84%), Copper: 0.26mg (13.06%), Magnesium: 36.27mg (9.07%), Iron: 1.29mg (7.19%), Fiber: 1.69g (6.75%), Phosphorus: 56.28mg (5.63%), Vitamin A: 199.56IU (3.99%), Zinc: 0.59mg (3.95%), Potassium: 126.18mg (3.61%), Selenium: 1.82µg (2.6%), Calcium: 20.89mg (2.09%), Vitamin E: 0.31mg (2.08%), Vitamin K: 1.95µg (1.86%), Vitamin B1: 0.02mg (1.23%)