

Amazing Passover Chocolate Toffee Matzo

READY IN



85 min.

SERVINGS



30

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar dark packed
- ☐ 6 matzos whole
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup butter salted
- ☐ 20 ounces semi chocolate chips

Equipment

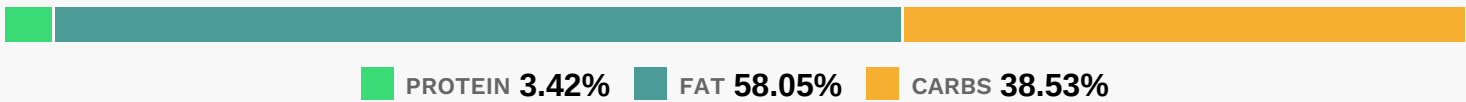
- ☐ bowl
- ☐ baking sheet

- ☐ 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:-3, Nutrition Score:4.197826102538%

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: 226.22kcal (11.31%), Fat: 14.76g (22.71%), Saturated Fat: 8.18g (51.11%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 20.19g (7.34%), Sugar: 14.14g (15.72%), Cholesterol: 17.4mg (5.8%), Sodium: 52.6mg (2.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.25mg (5.42%), Protein: 1.96g (3.91%), Manganese: 0.37mg (18.66%), Copper: 0.26mg (13.22%), Magnesium: 37.67mg (9.42%), Iron: 1.47mg (8.17%), Fiber: 1.85g (7.42%), Phosphorus: 61.26mg (6.13%), Selenium: 3.89µg (5.55%), Zinc: 0.63mg (4.2%), Vitamin A: 199.56IU (3.99%), Potassium: 132.45mg (3.78%), Vitamin B1: 0.04mg (2.67%), Calcium: 21.62mg (2.16%), Vitamin E: 0.32mg (2.11%), Vitamin B3: 0.41mg (2.04%), Vitamin K: 1.97µg (1.88%), Vitamin B2: 0.03mg (1.79%), Vitamin B5: 0.12mg (1.15%)