



Benne Seed Toffee



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



813 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup butter
- ☐ 1 tablespoon plus light
- ☐ 2.4 ounce sesame seed
- ☐ 1 cup sugar
- ☐ 3 tablespoons water hot

Equipment

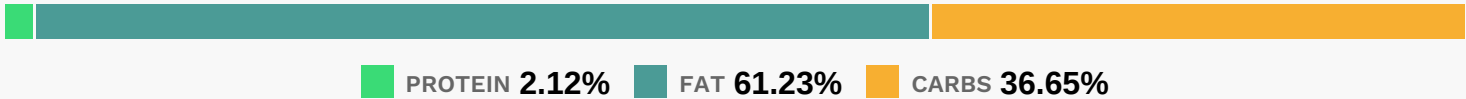
- ☐ bowl
- ☐ baking sheet

- ☐ wire rack
- ☐ microwave

Directions

- ☐ Lightly coat a cookie sheet with cooking spray; set aside.
- ☐ Place butter in a 2-quart microwave-safe bowl. Microwave, covered, at HIGH 1 1/2 to 2 minutes or until butter melts. Stir in sugar, water, and corn syrup. Microwave at HIGH 1 minute. Stir and microwave 3 more minutes. Stir well. Cover and microwave 1 more minute.
- ☐ Uncover and stir in sesame seeds. Microwave, uncovered, at HIGH 2 to 3 minutes or until candy is light caramel in color.
- ☐ Pour candy onto prepared cookie sheet, spreading to 1/8" thickness. Cool completely on cookie sheet on a wire rack; break candy into pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:58.03, Glycemic Load:48.54, Inflammation Score:-7, Nutrition Score:11.808695539184%

Nutrients (% of daily need)

Calories: 813.19kcal (40.66%), Fat: 57.42g (88.34%), Saturated Fat: 30.73g (192.09%), Carbohydrates: 77.34g (25.78%), Net Carbohydrates: 74.69g (27.16%), Sugar: 72.27g (80.3%), Cholesterol: 122.01mg (40.67%), Sodium: 373.34mg (16.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Copper: 0.93mg (46.26%), Vitamin A: 1420.21IU (28.4%), Manganese: 0.56mg (27.8%), Calcium: 234.97mg (23.5%), Magnesium: 80.3mg (20.08%), Iron: 3.32mg (18.43%), Phosphorus: 155.09mg (15.51%), Selenium: 8.76µg (12.51%), Vitamin B1: 0.19mg (12.34%), Zinc: 1.83mg (12.23%), Fiber: 2.65g (10.62%), Vitamin E: 1.37mg (9.15%), Vitamin B6: 0.18mg (8.97%), Folate: 23.52µg (5.88%), Vitamin B3: 1.04mg (5.2%), Vitamin B2: 0.09mg (5.15%), Vitamin K: 3.97µg (3.78%), Potassium: 120.28mg (3.44%), Vitamin B12: 0.1µg (1.61%)