



Best Toffee Ever - Super Easy



Gluten Free



Popular



Low Fod Map

READY IN



80 min.

SERVINGS



6

CALORIES



1285 kcal

SIDE DISH

Ingredients

- ☐ 1 cup almonds finely chopped
- ☐ 2 cups butter
- ☐ 0.3 teaspoon salt
- ☐ 2 cups semi chocolate chips
- ☐ 2 cups sugar white

Equipment

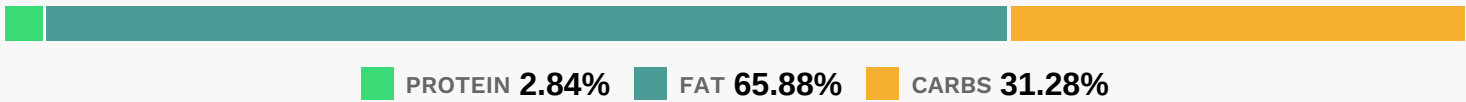
- ☐ baking sheet
- ☐ sauce pan

- ☐ baking paper
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ In a large heavy bottomed saucepan, combine the butter, sugar and salt. Cook over medium heat, stirring until the butter is melted. Allow to come to a boil, and cook until the mixture becomes a dark amber color, and the temperature has reached 285 degrees F (137 degrees C). Stir occasionally.
- ☐ While the toffee is cooking, cover a large baking sheet with aluminum foil or parchment paper.
- ☐ As soon as the toffee reaches the proper temperature, pour it out onto the prepared baking sheet.
- ☐ Sprinkle the chocolate over the top, and let it set for a minute or two to soften.
- ☐ Spread the chocolate into a thin even layer once it is melted.
- ☐ Sprinkle the nuts over the chocolate, and press in slightly. Putting a plastic bag over your hand will minimize the mess.
- ☐ Place the toffee in the refrigerator to chill until set. Break into pieces, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:46.78, Inflammation Score:-9, Nutrition Score:19.457391137662%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1284.59kcal (64.23%), Fat: 96.46g (148.4%), Saturated Fat: 53.02g (331.36%), Carbohydrates: 103.05g (34.35%), Net Carbohydrates: 95.27g (34.64%), Sugar: 89.64g (99.6%), Cholesterol: 166.28mg (55.43%), Sodium: 590.34mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 51.6mg (17.2%), Protein: 9.37g (18.74%), Manganese: 1.34mg (67.13%), Vitamin E: 8.21mg (54.74%), Copper: 1mg (49.95%), Magnesium: 171.47mg (42.87%), Vitamin A: 1921.15IU (38.42%), Fiber: 7.78g (31.12%), Phosphorus: 288.8mg (28.88%), Iron: 4.73mg (26.25%), Vitamin B2: 0.34mg (19.97%), Zinc: 2.41mg (16.06%), Potassium: 534.41mg (15.27%), Calcium: 120.2mg (12.02%), Selenium: 7.17µg (10.25%), Vitamin K: 9.62µg (9.16%), Vitamin B3: 1.4mg (6.99%), Vitamin B1: 0.07mg (4.79%), Vitamin B12: 0.24µg (3.94%), Vitamin B5: 0.38mg (3.75%), Folate: 12.76µg (3.19%), Vitamin B6: 0.06mg (2.77%)