



Butter Rum Brittle

 Dairy Free

READY IN



14 min.

SERVINGS



14

CALORIES



152 kcal

Ingredients

- 12 graham crackers (24 squares)
- 0.3 cup planters pecans toasted finely chopped
- 1 cup semi-sweet chocolate chips miniature
- 3.4 oz rolls candies hard crushed ring-shaped finely

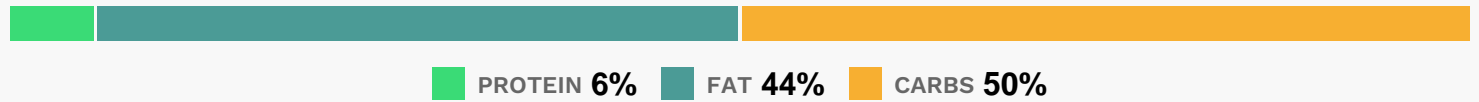
Equipment

- oven
- baking pan
- aluminum foil
- spatula

Directions

- Preheat oven to 350F. Line 15x10x1-inch baking pan with foil.
- Place graham squares, with sides touching, in single layer in baking pan; top evenly with the crushed candy.
- Bake 6 min. or until candy is melted; sprinkle with the chocolate chips.
- Bake an additional 2 to 3 min. or until chocolate is melted.
- Spread chocolate over topped grahams with spatula; sprinkle with pecans. Cool completely. Break into pieces. Store in airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:8.71, Inflammation Score:-1, Nutrition Score:3.4295652186417%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg 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: 152.37kcal (7.62%), Fat: 7.48g (11.5%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 17.43g (6.34%), Sugar: 7.84g (8.71%), Cholesterol: 0.75mg (0.25%), Sodium: 108.86mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.75mg (3.58%), Protein: 2.29g (4.58%), Iron: 2.37mg (13.16%), Manganese: 0.25mg (12.26%), Copper: 0.18mg (9.04%), Magnesium: 31.22mg (7.8%), Fiber: 1.68g (6.73%), Phosphorus: 61.64mg (6.16%), Zinc: 0.64mg (4.29%), Vitamin B3: 0.58mg (2.9%), Vitamin B1: 0.04mg (2.87%), Potassium: 99.36mg (2.84%), Vitamin B2: 0.04mg (2.19%), Calcium: 19.09mg (1.91%), Selenium: 1.12µg (1.6%), Folate: 5.91µg (1.48%)