



Cappuccino-Walnut Toffee

 **Gluten Free**

READY IN



45 min.

SERVINGS



35

CALORIES



187 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup firmly brown sugar light packed
- 1.3 cups butter
- 1 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 2 teaspoons espresso grounds instant
- 1 cup milk chocolate morsels
- 0.3 teaspoon salt
- 1 tablespoon unsulphured molasses dark

- 2 cups walnuts chopped
- 1 cup chocolate morsels white

Equipment

- frying pan
- sauce pan
- oven
- spatula
- candy thermometer

Directions

- Preheat oven to 350
- Butter a 15- x 10-inch jelly-roll pan.
- Bake walnuts at 350 in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
- Let cool 30 minutes.
- Melt 1 1/4 cups butter in a 3 1/2-qt. heavy saucepan over medium heat; stir in granulated sugar, next 5 ingredients, and 1/3 cup water. Cook, stirring constantly, until a candy thermometer registers 290 (soft crack stage), about 20 minutes.
- Remove pan from heat, and stir in walnuts. Quickly pour mixture into prepared pan, and spread into an even layer. Immediately sprinkle milk chocolate and white chocolate morsels over top; let stand 5 minutes. Swirl chocolate using an off-set spatula. Cover and chill until firm (about 1 hour). Break toffee into pieces. Store in an airtight container in refrigerator up to 7 days.
- Serve cold or at room temperature.

Nutrition Facts



PROTEIN 2.88% **FAT 65.19%** **CARBS 31.93%**

Properties

Glycemic Index:7.4, Glycemic Load:6.4, Inflammation Score:-2, Nutrition Score:2.2860869486695%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

Nutrients (% of daily need)

Calories: 187.18kcal (9.36%), Fat: 14.07g (21.65%), Saturated Fat: 6.49g (40.58%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 15.04g (5.47%), Sugar: 14.31g (15.91%), Cholesterol: 18.51mg (6.17%), Sodium: 74.38mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Manganese: 0.25mg (12.25%), Copper: 0.11mg (5.69%), Vitamin A: 205.56IU (4.11%), Phosphorus: 34.58mg (3.46%), Magnesium: 13.12mg (3.28%), Calcium: 25.75mg (2.58%), Vitamin B6: 0.04mg (2.19%), Potassium: 74.23mg (2.12%), Vitamin E: 0.28mg (1.9%), Fiber: 0.47g (1.89%), Folate: 7.18µg (1.79%), Vitamin B1: 0.03mg (1.78%), Zinc: 0.26mg (1.7%), Vitamin B2: 0.03mg (1.67%), Iron: 0.26mg (1.43%), Vitamin K: 1.23µg (1.17%), Selenium: 0.81µg (1.16%)