



Chipotle-Chocolate Toffee

 Gluten Free

READY IN



36 min.

SERVINGS



6

CALORIES



999 kcal

SIDE DISH

Ingredients

- ☐ 2 cups almonds with skins, coarsely chopped
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 tablespoon chipotles in adobo chopped
- ☐ 1 tablespoon plus light
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips dark
- ☐ 1.3 cups butter unsalted

☐ 0.3 cup water

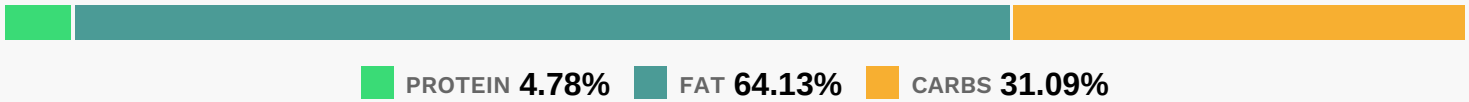
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ offset spatula
- ☐ candy thermometer

Directions

- ☐ Melt butter in a 3-qt. heavy saucepan over medium-low heat.
- ☐ Add granulated sugar and next 4 ingredients; cook until sugars dissolve, stirring constantly. Attach candy thermometer to pan. Increase heat to medium; add chopped chipotle pepper and sauce. Cook, stirring often, at a gentle boil 10 minutes.
- ☐ Add almonds, and continue boiling and stirring for 10 minutes or until thermometer registers 29
- ☐ Remove from heat. Carefully pour candy onto a buttered jelly-roll pan; spread candy to 1/4" thickness.
- ☐ Sprinkle with chocolate morsels.
- ☐ Let stand 2 minutes or until chocolate melts; spread chocolate using an offset spatula. Cool until chocolate hardens. Break toffee into pieces.

Nutrition Facts



Properties

Glycemic Index:16.52, Glycemic Load:24.24, Inflammation Score:-8, Nutrition Score:21.808260969494%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 998.81kcal (49.94%), Fat: 73.75g (113.46%), Saturated Fat: 32.71g (204.46%), Carbohydrates: 80.47g (26.82%), Net Carbohydrates: 71.86g (26.13%), Sugar: 67.15g (74.61%), Cholesterol: 103.48mg (34.49%), Sodium: 210.89mg (9.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.8mg (8.6%), Protein: 12.37g (24.73%), Vitamin E: 13.48mg (89.85%), Manganese: 1.5mg (75.11%), Magnesium: 184.27mg (46.07%), Copper: 0.89mg (44.31%), Fiber: 8.61g (34.43%), Vitamin B2: 0.58mg (34.15%), Phosphorus: 319.36mg (31.94%), Vitamin A: 1197.42IU (23.95%), Iron: 3.88mg (21.57%), Calcium: 174.71mg (17.47%), Potassium: 555.97mg (15.88%), Zinc: 2.35mg (15.68%), Vitamin B3: 2.02mg (10.08%), Selenium: 5.39µg (7.7%), Vitamin B1: 0.11mg (7.46%), Folate: 22.58µg (5.64%), Vitamin K: 5.47µg (5.21%), Vitamin D: 0.71µg (4.73%), Vitamin B6: 0.08mg (4.22%), Vitamin B5: 0.39mg (3.9%), Vitamin B12: 0.13µg (2.24%)