



Chocolate-Almond Toffee



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



16

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces bittersweet chocolate finely chopped
- ☐ 4 tablespoons butter softened
- ☐ 1 Dash salt
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 0.5 cup almonds whole toasted chopped

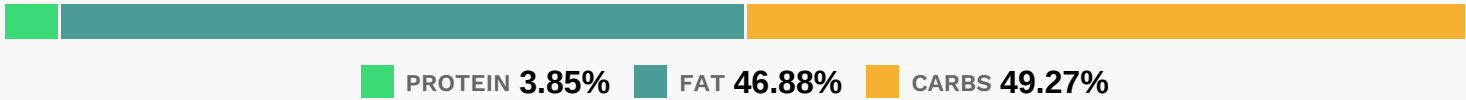
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ candy thermometer

Directions

- ☐ Combine first 3 ingredients in a small, heavy saucepan over medium-high heat, stirring just until combined; bring to a boil. Cook, without stirring, until a candy thermometer registers 325 or until syrup begins to caramelize. Stir in vanilla and salt. Working carefully and quickly, pour sugar mixture onto a baking sheet covered with parchment paper; spread to desired thickness.
- ☐ Let toffee stand 5 minutes.
- ☐ Sprinkle chocolate over warm toffee; let stand 5 minutes.
- ☐ Spread melted chocolate in a thin, even layer over toffee; immediately sprinkle with chopped almonds.
- ☐ Let stand 1 hour or until completely cool. Break toffee into pieces.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:8.77, Inflammation Score:-1, Nutrition Score:2.0847826217828%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 119.97kcal (6%), Fat: 6.47g (9.95%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.45g (5.25%), Sugar: 13.99g (15.54%), Cholesterol: 7.74mg (2.58%), Sodium: 25.65mg (1.12%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Caffeine: 3.05mg (1.02%), Protein: 1.19g (2.39%), Vitamin E: 1.25mg (8.31%), Manganese: 0.15mg (7.49%), Magnesium: 18.42mg (4.61%), Copper: 0.09mg (4.59%), Fiber: 0.84g (3.37%), Vitamin B2: 0.06mg (3.32%), Phosphorus: 31.56mg (3.16%), Iron: 0.4mg (2.2%), Vitamin A: 89.28IU (1.79%), Zinc: 0.24mg (1.59%), Potassium: 54.12mg (1.55%), Calcium: 15.31mg (1.53%)