



Chocolate Brittle Surprise

READY IN



45 min.

SERVINGS



24

CALORIES



211 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 1 cup butter
- 35 round buttery crackers unsalted
- 2 cups semi chocolate chips

Equipment

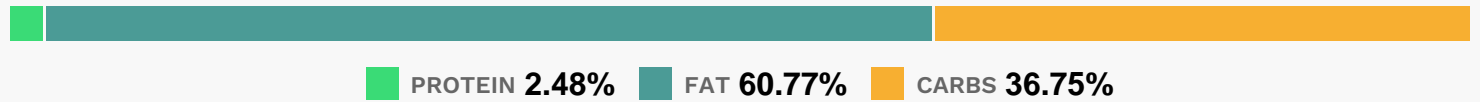
- baking sheet
- oven
- aluminum foil

microwave

Directions

- Preheat oven to 350 degrees F (180 degrees C). Cover cookie sheet with foil. Spray foil with cooking oil spray.
- Place crackers on foil in 5 x 7 inch rows.
- Microwave butter on high for 2 minutes.
- Add brown sugar and stir. Microwave on high for 2 more minutes, stirring every 30 seconds.
- Pour over crackers.
- Bake 17 – 20 minutes (should bubble but not burn).
- Sprinkle chocolate chips over hot crackers.
- Spread after 2 minutes (chips have softened).
- Sprinkle nuts on top.
- Refrigerate 1 hour. Break into pieces. Can be frozen.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.3000000093294%

Nutrients (% of daily need)

Calories: 211.02kcal (10.55%), Fat: 14.43g (22.2%), Saturated Fat: 8.4g (52.53%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 18.34g (6.67%), Sugar: 14.76g (16.4%), Cholesterol: 21.24mg (7.08%), Sodium: 103.47mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 1.33g (2.65%), Manganese: 0.23mg (11.41%), Copper: 0.2mg (9.85%), Magnesium: 28.25mg (7.06%), Iron: 1.21mg (6.73%), Phosphorus: 53.58mg (5.36%), Fiber: 1.3g (5.2%), Vitamin A: 243.86IU (4.88%), Vitamin K: 3.93µg (3.74%), Vitamin E: 0.46mg (3.07%), Potassium: 104.72mg (2.99%), Zinc: 0.44mg (2.9%), Calcium: 25.92mg (2.59%), Selenium: 1.67µg (2.38%), Vitamin B3: 0.35mg (1.77%), Vitamin B1: 0.02mg (1.64%), Vitamin B2: 0.02mg (1.3%)