



Chocolate Brittle Surprise

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 35 soda crackers unsalted
- ☐ 1 cup pecans chopped
- ☐ 2 cups semi chocolate chips

Equipment

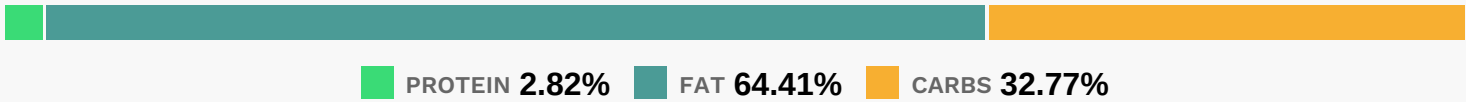
- ☐ baking sheet
- ☐ oven

- ☐ 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:2.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:4.379999935465%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 242.41kcal (12.12%), Fat: 17.7g (27.23%), Saturated Fat: 8.69g (54.28%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 18.53g (6.74%), Sugar: 14.94g (16.6%), Cholesterol: 21.24mg (7.08%), Sodium: 103.47mg (4.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 1.74g (3.48%), Manganese: 0.43mg (21.63%), Copper: 0.25mg (12.57%), Magnesium: 33.74mg (8.44%), Iron: 1.33mg (7.36%), Fiber: 1.74g (6.95%), Phosphorus: 66.16mg (6.62%), Vitamin A: 246.41IU (4.93%), Zinc: 0.64mg (4.27%), Vitamin K: 4.09µg (3.89%), Vitamin B1: 0.05mg (3.64%), Potassium: 123.34mg (3.52%), Vitamin E: 0.52mg (3.49%), Calcium: 29.09mg (2.91%), Selenium: 1.84µg (2.63%), Vitamin B3: 0.41mg (2.03%), Vitamin B2: 0.03mg (1.65%), Vitamin B5: 0.12mg (1.23%), Folate: 4.52µg (1.13%), Vitamin B6: 0.02mg (1.07%)