

What She Ate

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health-score 79%
HEALTH SCORE

Chocolate-Caramel-Pecan Potato Chips

☒ Vegetarian ☒ Very Healthy

READY IN

ready

46 min.

SERVINGS

servings

1

CALORIES

calories

6356 kcal

SIDE DISH

Ingredients

- ☐ 14 oz caramels with kraft
- ☐ 11.5 oz milk chocolate morsels
- ☐ 1 cup pecans toasted finely chopped
- ☐ 13 oz ruffled potato chips with wavy lays thick
- ☐ 2 tablespoons shortening
- ☐ 0.3 cup whipping cream

Equipment

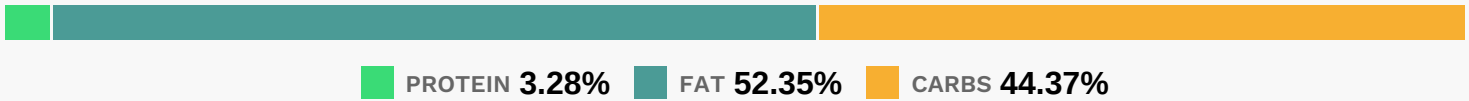
- ☐ bowl

- ☐ sauce pan
- ☐ baking paper
- ☐ microwave

Directions

- ☐ Spread whole potato chips in single layers on parchment paper-lined wire racks.
- ☐ Combine caramels and cream in a heavy saucepan over low heat, stirring constantly, until smooth; remove from heat.
- ☐ Drizzle caramel over chips.
- ☐ Melt milk chocolate morsels and shortening in a small bowl in microwave at HIGH, 1 1/2 to 2 minutes, stirring after 1 minute; cool slightly.
- ☐ Drizzle chocolate over caramel on potato chips; sprinkle with pecans. Cool until chocolate and caramel harden.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:199.11, Inflammation Score:-10, Nutrition Score:75.031304027723%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 6356.11kcal (317.81%), Fat: 383.32g (589.72%), Saturated Fat: 111.98g (699.9%), Carbohydrates: 730.89g (243.63%), Net Carbohydrates: 709g (257.82%), Sugar: 454.11g (504.57%), Cholesterol: 117.43mg (39.14%), Sodium: 2937.06mg (127.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.06g (108.11%), Manganese: 7.4mg (369.83%), Vitamin E: 43.98mg (293.2%), Vitamin B5: 19.8mg (197.98%), Potassium: 6725.61mg (192.16%), Phosphorus: 1364.27mg (136.43%), Vitamin B1: 1.93mg (128.95%), Vitamin B6: 2.44mg (121.81%), Copper: 2.25mg (112.53%), Magnesium: 437.1mg (109.27%), Vitamin K: 108.57µg (103.4%), Vitamin C: 82.87mg (100.45%), Calcium: 986.9mg (98.69%), Vitamin B3: 19.46mg (97.28%), Vitamin B2: 1.63mg (95.95%), Fiber: 21.89g (87.56%), Zinc:

10.89mg (72.61%), Iron: 8.13mg (45.16%), Folate: 149.91µg (37.48%), Selenium: 22.88µg (32.69%), Vitamin A: 1393.94IU (27.88%), Vitamin B12: 1.32µg (21.96%), Vitamin D: 1.27µg (8.46%)