



Chocolate-Covered Pretzel Toffee

 Popular

READY IN



60 min.

SERVINGS



3

CALORIES



1044 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 tablespoon plus light
- ☐ 1 teaspoon fleur del sel
- ☐ 1.3 cups granulated sugar
- ☐ 1.5 cups pretzel twists crushed thin
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 cup butter unsalted (1 stick)

☐ 0.5 teaspoon vanilla extract

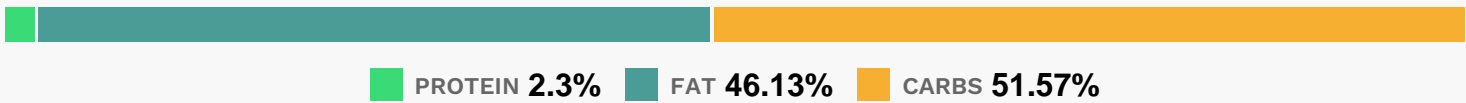
Equipment

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

Directions

- ☐ Line baking sheet with parchment paper. Set aside.
- ☐ Combine butter, sugar, corn syrup, salt, and two tablespoons water in medium-sized heavy saucepan. Clip candy thermometer to side of saucepan. Cook over medium heat, stirring as little as possible, until thermometer reaches 300°F (hard crack stage), about 10 minutes.
- ☐ Remove saucepan from heat and immediately stir in baking soda and vanilla extract. Stir in crushed pretzels. Quickly pour toffee onto prepared baking sheet, spreading it as thinly and evenly as possible.
- ☐ Let toffee cool slightly until it just begins to harden, about 3 minutes.
- ☐ Sprinkle toffee evenly with chocolate chips.
- ☐ Let it stand until chocolate has melted, about two minutes. Using a spatula, spread chocolate evenly over toffee.
- ☐ Sprinkle chocolate with fleur de sel.
- ☐ Transfer baking sheet to refrigerator until chocolate has hardened, about 1 hour. Break toffee into large shards. Store in airtight container on countertop or in refrigerator for up to three weeks.

Nutrition Facts



Properties

Glycemic Index:57.36, Glycemic Load:72.83, Inflammation Score:-7, Nutrition Score:13.325652140638%

Nutrients (% of daily need)

Calories: 1043.77kcal (52.19%), Fat: 54.58g (83.96%), Saturated Fat: 32.74g (204.6%), Carbohydrates: 137.28g (45.76%), Net Carbohydrates: 131.75g (47.91%), Sugar: 111.4g (123.78%), Cholesterol: 84.94mg (28.31%), Sodium: 1339.25mg (58.23%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Caffeine: 51.6mg (17.2%), Protein: 6.12g (12.24%), Manganese: 1mg (50.11%), Copper: 0.8mg (39.75%), Magnesium: 112.7mg (28.17%), Iron: 4.82mg (26.8%), Fiber: 5.52g (22.09%), Vitamin A: 975.46IU (19.51%), Phosphorus: 192.32mg (19.23%), Zinc: 1.89mg (12.59%), Potassium: 399.59mg (11.42%), Folate: 39.6µg (9.9%), Selenium: 6.91µg (9.87%), Vitamin E: 1.33mg (8.88%), Vitamin B3: 1.64mg (8.21%), Vitamin B1: 0.12mg (7.71%), Vitamin B2: 0.13mg (7.6%), Vitamin K: 7.56µg (7.2%), Calcium: 54.48mg (5.45%), Vitamin D: 0.57µg (3.78%), Vitamin B5: 0.29mg (2.94%), Vitamin B12: 0.17µg (2.87%), Vitamin B6: 0.04mg (1.87%)