



Chocolate 'Crack

READY IN



120 min.

SERVINGS



1

CALORIES



5149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup t brown sugar dark
- 12 oz chocolate dark 70% (or greater)
- 51 saltines (approximately)
- 1 cup butter unsalted
- 1 teaspoon vanilla extract

Equipment

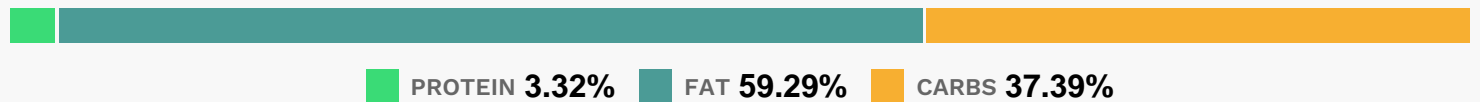
- frying pan
- sauce pan

- oven
- aluminum foil
- spatula

Directions

- Preheat oven to 350°F. Line a 12 x 17 inch jelly roll pan with foil.
- Place saltine crackers salt side up and side-by-side in the pan as tightly as possible without overlapping. Use saltine pieces to fill any gaps at the bottom of the pan. Set aside. Chop chocolate so pieces are about the size of standard chocolate chips and set aside.
- In a medium saucepan melt butter over medium heat stirring frequently with a spatula. Once butter has melted, add brown sugar and vanilla stirring to combine. Cook for about 5 minutes or until mixture is an even dark brown color and has begun to bubble.
- Remove from heat and pour over saltines using spatula to spread sauce.
- Bake crackers for 5 minutes or until butter mixture begins to bubble.
- Remove from oven and sprinkle evenly with chocolate allowing the heat to melt the chocolate.
- Spread chocolate evenly with the spatula so all of the crackers are completely covered. Refrigerate until chocolate sets and hardens. Break apart and serve.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:27.39, Inflammation Score:-10, Nutrition Score:64.312174258025%

Nutrients (% of daily need)

Calories: 5149.01kcal (257.45%), Fat: 342.37g (526.72%), Saturated Fat: 202.44g (1265.25%), Carbohydrates: 485.83g (161.94%), Net Carbohydrates: 444.47g (161.62%), Sugar: 297.63g (330.7%), Cholesterol: 498.26mg (166.09%), Sodium: 1594.7mg (69.33%), Alcohol: 1.38g (100%), Alcohol %: 0.18% (100%), Caffeine: 272.16mg (90.72%), Protein: 43.17g (86.34%), Manganese: 8.07mg (403.41%), Copper: 6.36mg (318.16%), Iron: 50.62mg (281.21%), Magnesium: 835.65mg (208.91%), Fiber: 41.37g (165.46%), Phosphorus: 1267.38mg (126.74%), Vitamin A: 5806.94IU (116.14%), Potassium: 3017.95mg (86.23%), Zinc: 12.59mg (83.94%), Vitamin B1: 1.2mg (80.1%), Vitamin K: 79.59µg (75.8%), Vitamin B3: 13.79mg (68.97%), Vitamin B2: 1.09mg (64.2%), Selenium: 43.8µg (62.57%), Vitamin E:

9.03mg (60.22%), Folate: 214.03µg (53.51%), Calcium: 514.93mg (51.49%), Vitamin B5: 2.69mg (26.9%), Vitamin B12: 1.48µg (24.6%), Vitamin D: 3.4µg (22.7%), Vitamin B6: 0.36mg (17.95%)