



Chocolate Peanut Toffee



Gluten Free



Low Fod Map

READY IN



4500 min.

SERVINGS



9

CALORIES



1030 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounces bittersweet chocolate finely chopped
- ☐ 4 cups peanuts whole chopped (1 pound 10 ounces)
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 pound butter unsalted cut into pieces

Equipment

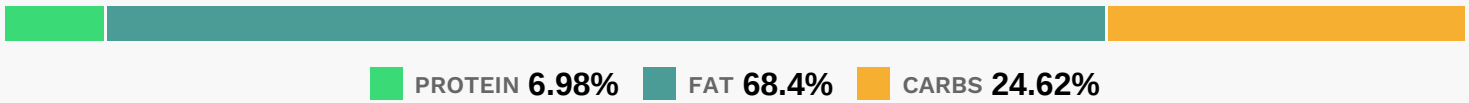
- ☐ baking paper
- ☐ whisk

- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ Butter baking pan and put on a heatproof surface.
- ☐ Bring butter, sugar, and salt to a boil in a 4- to 5-quart heavy pot over medium-high heat, whisking until smooth, then boil, stirring occasionally, until mixture is deep golden and registers 300°F (hard-crack stage) on thermometer, 15 to 20 minutes.
- ☐ Immediately stir in whole peanuts, then carefully pour hot toffee into center of baking pan.
- ☐ Spread with spatula, smoothing top, and let stand 1 minute, then immediately sprinkle chocolate on top.
- ☐ Let stand until chocolate is melted, 4 to 5 minutes, then spread over toffee with cleaned spatula.
- ☐ Sprinkle evenly with chopped peanuts, then freeze until chocolate is firm, about 30 minutes. Break into pieces.
- ☐ Toffee keeps, layered between sheets of parchment paper, in an airtight container at cool room temperature 2 weeks.

Nutrition Facts



Properties

Glycemic Index:9.37, Glycemic Load:31.61, Inflammation Score:-8, Nutrition Score:22.631304357363%

Nutrients (% of daily need)

Calories: 1030.01kcal (51.5%), Fat: 81.65g (125.62%), Saturated Fat: 35.71g (223.16%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 58.19g (21.16%), Sugar: 52.48g (58.31%), Cholesterol: 109.68mg (36.56%), Sodium: 87.07mg (3.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.96mg (6.32%), Protein: 18.75g (37.49%), Manganese: 2.01mg (100.46%), Vitamin B3: 10.54mg (52.7%), Copper: 0.87mg (43.52%), Magnesium: 161.81mg (40.45%), Folate: 157.25µg (39.31%), Phosphorus: 321.19mg (32.12%), Fiber: 7.93g (31.71%), Vitamin B1: 0.45mg (29.84%), Vitamin A: 1270.5IU (25.41%), Iron: 3.96mg (22.02%), Potassium: 620.79mg (17.74%), Zinc: 2.01mg (13.4%),

Vitamin B5: 1.27mg (12.69%), Vitamin B6: 0.23mg (11.74%), Selenium: 7.3µg (10.42%), Calcium: 95.03mg (9.5%),
Vitamin E: 1.3mg (8.66%), Vitamin B2: 0.12mg (7.29%), Vitamin D: 0.76µg (5.04%), Vitamin K: 5.12µg (4.87%),
Vitamin B12: 0.13µg (2.09%)