



Chocolate-Speckled Toffee

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon baking soda
- 0.3 cup butter cut into small pieces
- 0.5 cup plus
- 0.3 teaspoon salt
- 1 ounce bittersweet chocolate coarsely chopped
- 1 cup sugar
- 2 teaspoons vanilla extract
- 1 tablespoon water

Equipment

- frying pan
- baking sheet
- sauce pan
- wooden spoon
- aluminum foil
- spatula
- candy thermometer

Directions

- Line a baking sheet with foil; lightly coat foil with cooking spray. Lightly coat a metal spatula with cooking spray; set aside.
- Combine sugar, syrup, butter, water, and salt in a medium saucepan. Bring to a boil over medium-high heat, stirring occasionally with a wooden spoon until ingredients are just combined. Cook, without stirring, until candy thermometer registers 300 (about 5 minutes).
- Remove from heat. Stir in 2 teaspoons vanilla.
- Sprinkle 1/2 teaspoon baking soda over surface of mixture; carefully stir baking soda into mixture. Immediately pour sugar mixture onto prepared pan. Working quickly, spread to about 1/8-inch thickness using prepared spatula.
- Let stand for 2 minutes.
- Sprinkle chocolate evenly over toffee, and cool completely. Break into bite-sized pieces.
- Note: Store toffee in an airtight container at room temperature for up to one week.

Nutrition Facts

PROTEIN 0.46% FAT 27.21% CARBS 72.33%

Properties

Glycemic Index:11.59, Glycemic Load:13.71, Inflammation Score:-1, Nutrition Score:0.62913043651244%

Nutrients (% of daily need)

Calories: 153.88kcal (7.69%), Fat: 4.82g (7.42%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 28.65g (10.42%), Sugar: 28.5g (31.67%), Cholesterol: 10.31mg (3.44%), Sodium: 133.79mg (5.82%), Alcohol: 0.23g (100%), Alcohol %: 0.72% (100%), Protein: 0.19g (0.37%), Vitamin A: 119.36IU (2.39%), Manganese: 0.03mg (1.68%), Copper: 0.03mg (1.57%), Magnesium: 4.49mg (1.12%)