



## Chocolate Toffee

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



3

CALORIES



1651 kcal

SIDE DISH

### Ingredients

- 1 cup blanched almonds and whole toasted roughly chopped
- 0.3 cup cocoa powder
- 3 tablespoons plus light
- 12 ounces butter salted cut into chunks (3 sticks)
- 2 cups sugar
- 0.3 cup water

### Equipment

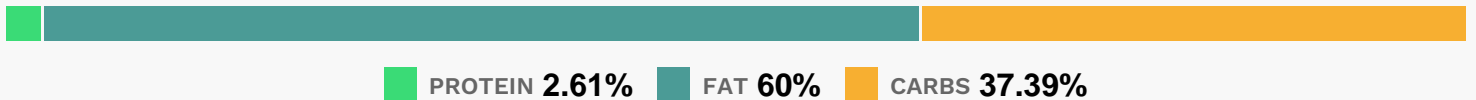
- frying pan

- sauce pan
- whisk
- candy thermometer

## Directions

- Line a sided sheet pan with a silicone baking mat, or oil it well with vegetable oil (or use a heavyweight nonstick sheet pan).
- Pour the sugar into the center of a saucepan fitted with a candy thermometer.
- Pour the water around the edge of the pan and wait to allow the water to moisten the sugar. (You can draw a clean finger through the center of the pan to allow some water to seep in.)
- Add the corn syrup and bring to a boil.
- Add the butter and boil until the mixture reaches 300 degrees F.
- Turn off the heat and whisk in the cocoa; then stir in the nuts. Quickly pour the mixture onto the center of the prepared pan and let it spread out it may not reach the sides of the pan. Set aside to cool at room temperature until hard. Using your hands (I wear gloves to avoid fingerprints), pry the toffee out of the pan and break into large pieces. Store in an airtight container. The toffee will keep well for up to 2 weeks in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:46.36, Glycemic Load:96.32, Inflammation Score:-9, Nutrition Score:19.138695716858%

## Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 1650.83kcal (82.54%), Fat: 115.3g (177.39%), Saturated Fat: 60.51g (378.2%), Carbohydrates: 161.69g (53.9%), Net Carbohydrates: 154.92g (56.33%), Sugar: 152.09g (168.98%), Cholesterol: 243.81mg (81.27%), Sodium: 754.86mg (32.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.48mg (5.49%), Protein: 11.29g (22.57%), Vitamin E: 12.53mg (83.56%), Vitamin A: 2836.74IU (56.73%), Manganese: 1.04mg (52.25%), Magnesium: 150.18mg

(37.54%), Copper: 0.71mg (35.65%), Phosphorus: 280.24mg (28.02%), Fiber: 6.78g (27.11%), Vitamin B2: 0.38mg (22.2%), Calcium: 139.7mg (13.97%), Iron: 2.45mg (13.62%), Zinc: 1.94mg (12.94%), Potassium: 413.62mg (11.82%), Vitamin B3: 1.66mg (8.31%), Vitamin K: 8.12µg (7.73%), Vitamin B1: 0.1mg (6.92%), Folate: 26.11µg (6.53%), Selenium: 4.45µg (6.35%), Vitamin B12: 0.19µg (3.21%), Vitamin B6: 0.06mg (2.99%), Vitamin B5: 0.27mg (2.74%)