



Cinnamon Raisin-Nut Toffee

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



1257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup golden raisins
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 2 cups roasted nuts mixed salted
- 1.5 cups sugar
- 1 stick butter unsalted plus more for the baking sheet cut into 1 1/2-inch pieces,
- 1 teaspoon vanilla extract

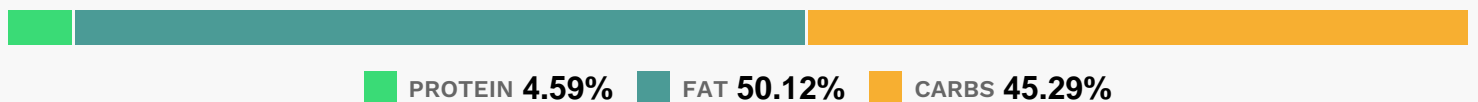
Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- spatula
- candy thermometer

Directions

- Combine the nuts, vanilla, cinnamon and cloves in a bowl. Lightly butter a rimmed baking sheet.
- Heat the sugar in a saucepan over medium heat, stirring until it just begins to melt. Cook, swirling the pan but not stirring, until most of the sugar has melted, about 10 minutes.
- Add the butter and cook, swirling the pan, until the mixture is deep amber and a candy thermometer registers 300 degrees F, about 7 more minutes.
- Remove from the heat; stir in the nut mixture, then the raisins.
- Pour onto the prepared baking sheet and spread with a rubber spatula.
- Let cool completely, then break into pieces.
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:43.92, Glycemic Load:80.16, Inflammation Score:-8, Nutrition Score:23.275217556435%

Flavonoids

Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 1257.2kcal (62.86%), Fat: 73.38g (112.89%), Saturated Fat: 27.76g (173.47%), Carbohydrates: 149.2g (49.73%), Net Carbohydrates: 145.29g (52.83%), Sugar: 118.88g (132.09%), Cholesterol: 80.98mg (26.99%), Sodium: 23.04mg (1%), Alcohol: 0.46g (100%), Alcohol %: 0.23% (100%), Protein: 15.13g (30.26%), Copper: 2.13mg (106.54%),

Magnesium: 247.25mg (61.81%), Phosphorus: 484.74mg (48.47%), Manganese: 0.95mg (47.29%), Zinc: 5.25mg (34.97%), Vitamin K: 35.4µg (33.71%), Iron: 6.01mg (33.39%), Potassium: 711.62mg (20.33%), Vitamin A: 942.41IU (18.85%), Selenium: 11.85µg (16.93%), Folate: 64.92µg (16.23%), Vitamin B6: 0.31mg (15.71%), Fiber: 3.91g (15.65%), Vitamin B2: 0.26mg (15.42%), Vitamin B1: 0.19mg (12.46%), Vitamin B5: 1.19mg (11.89%), Vitamin E: 1.76mg (11.72%), Vitamin B3: 1.58mg (7.91%), Calcium: 67.96mg (6.8%), Vitamin D: 0.56µg (3.77%), Vitamin B12: 0.06µg (1.07%)