



Cracker Candy

READY IN



45 min.

SERVINGS



6

CALORIES



766 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 0.8 cup butter
- ☐ 2 sleeves round buttery crackers (76 crackers)
- ☐ 2 cups milk chocolate morsels
- ☐ 0.8 cup pecans toasted chopped
- ☐ 0.5 cup chocolate white chopped

Equipment

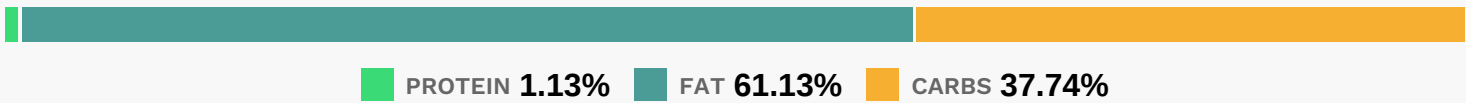
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place crackers on a lightly greased aluminum foil-lined jellyroll pan.
- ☐ Bring butter and brown sugar to a boil in a saucepan, stirring constantly; cook 3 minutes, stirring often.
- ☐ Pour mixture over crackers.
- ☐ Bake at 350 for 5 minutes. Turn oven off.
- ☐ Sprinkle crackers with chocolate morsels.
- ☐ Let stand in oven 3 minutes or until chocolate melts.
- ☐ Spread melted chocolate evenly over crackers. Top with pecans and white chocolate. Cool completely, and break candy into pieces. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:4.61, Inflammation Score:-4, Nutrition Score:5.8152173964874%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 766.31kcal (38.32%), Fat: 53.73g (82.66%), Saturated Fat: 28.33g (177.07%), Carbohydrates: 74.61g (24.87%), Net Carbohydrates: 73.26g (26.64%), Sugar: 68.09g (75.65%), Cholesterol: 63.32mg (21.11%), Sodium: 208.87mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Manganese: 0.64mg (31.85%), Vitamin A: 720.02IU (14.4%), Calcium: 105.46mg (10.55%), Copper: 0.18mg (9.21%), Potassium: 303.32mg (8.67%), Vitamin B1: 0.1mg (6.85%), Phosphorus: 67.74mg (6.77%), Vitamin E: 0.99mg (6.6%), Fiber: 1.35g (5.41%),

Magnesium: 21.04mg (5.26%), Zinc: 0.74mg (4.92%), Vitamin K: 3.96µg (3.78%), Vitamin B2: 0.06mg (3.59%), Iron: 0.62mg (3.43%), Vitamin B5: 0.26mg (2.56%), Selenium: 1.67µg (2.39%), Vitamin B6: 0.05mg (2.37%), Vitamin B12: 0.11µg (1.83%), Vitamin B3: 0.33mg (1.66%), Folate: 5.61µg (1.4%)