



Cracker Candy

READY IN



15 min.

SERVINGS



30

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter (2 sticks)
- ☐ 1 cup brown sugar light
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 sleeve of saltines to cover a 10×15 inch pan
- ☐ 12 ounces bittersweet chocolate chopped

Equipment

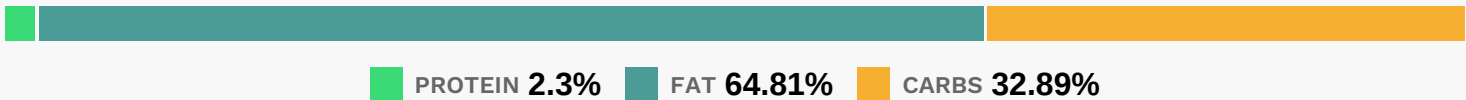
- ☐ frying pan
- ☐ sauce pan

- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ kitchen timer

Directions

- ☐ Preheat oven to 400 degrees F.Line a 10×15 inch pan with nonstick foil or parchment paper.
- ☐ Lay Saltines side-by-side over bottom of pan – sides touching.
- ☐ Combine butter and salt in a large saucepan and bring to a gently boil. If the butter is cold, let it melt before adding the sugar. When mixture starts to boil, set timer for 3 minutes and boil, stirring constantly.
- ☐ Pour over crackers and spread evenly.
- ☐ Bake in oven for 5 minutes. Quickly sprinkle chocolate over hot candy and let stand for about 3 minutes or until chocolate starts to melt.
- ☐ Spread chocolate over crackers, then sprinkle with nuts. Note: If chocolate isn't melting fast enough for you, throw the pan in the oven for a minute.
- ☐ Let cool at room temperature for about an hour, then transfer to the refrigerator to chill and set.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.5400000436474%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 160.75kcal (8.04%), Fat: 11.8g (18.15%), Saturated Fat: 6.5g (40.63%), Carbohydrates: 13.47g (4.49%), Net Carbohydrates: 12.39g (4.5%), Sugar: 11.35g (12.62%), Cholesterol: 16.95mg (5.65%), Sodium: 52.78mg (2.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 0.94g (1.89%), Manganese: 0.24mg (11.88%), Copper: 0.17mg (8.35%), Magnesium: 22.99mg (5.75%), Iron: 0.82mg (4.57%), Fiber: 1.08g (4.34%), Vitamin A: 195.78IU (3.92%), Phosphorus: 36.73mg (3.67%), Zinc: 0.39mg (2.62%), Potassium: 83.47mg (2.38%), Vitamin E: 0.27mg (1.79%), Selenium: 1.2µg (1.71%), Calcium: 16.22mg (1.62%), Vitamin K: 1.44µg (1.37%), Vitamin B1: 0.02mg (1.11%)