



## Crunch "Bars

 Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter
- 35 saltines
- 8 oz baker's semi-sweet chocolate chopped
- 1 cup planters walnuts toasted chopped

## Equipment

- frying pan
- sauce pan

- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Place crackers in single layer on bottom of foil-lined 15x10x1-inch pan.
- Cook butter and sugar in saucepan on medium-high heat until butter is melted and mixture is well blended, stirring occasionally. Bring to boil; cook 3 min. (Do not stir.)
- Pour over crackers; spread to evenly cover crackers.
- Bake 5 to 7 min. or until topping is golden brown. Immediately sprinkle with chocolate; let stand 5 min. or until softened.
- Spread over crackers; top with nuts. Cool completely before breaking into pieces.

## Nutrition Facts

 **PROTEIN 4.47%**  **FAT 61.95%**  **CARBS 33.58%**

## Properties

Glycemic Index:1.25, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:5.109999978024%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

## Nutrients (% of daily need)

Calories: 234.46kcal (11.72%), Fat: 16.48g (25.35%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 18.29g (6.65%), Sugar: 12.15g (13.5%), Cholesterol: 0.85mg (0.28%), Sodium: 132.14mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 2.67g (5.34%), Manganese: 0.5mg (24.84%), Copper: 0.31mg (15.28%), Magnesium: 38.84mg (9.71%), Iron: 1.52mg (8.46%), Fiber: 1.81g (7.23%), Phosphorus: 70.76mg (7.08%), Vitamin A: 262.36IU (5.25%), Vitamin B1: 0.08mg (5.08%), Zinc: 0.65mg (4.33%), Folate: 16.1µg (4.02%), Potassium: 134.72mg (3.85%), Selenium: 2.31µg (3.3%), Vitamin B3: 0.63mg (3.16%), Vitamin B2: 0.05mg (3.09%), Vitamin E: 0.43mg (2.87%), Vitamin K: 2.88µg (2.75%), Vitamin B6: 0.05mg (2.66%), Calcium: 25.04mg (2.5%), Vitamin B5: 0.13mg (1.3%)