



Curly twirlies

READY IN



40 min.

SERVINGS



12

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 140 g toffee candies soft
- ☐ 2 portugese rolls (we used Jus Rol)
- ☐ 100 ml milk
- ☐ 50 g pork chops dark

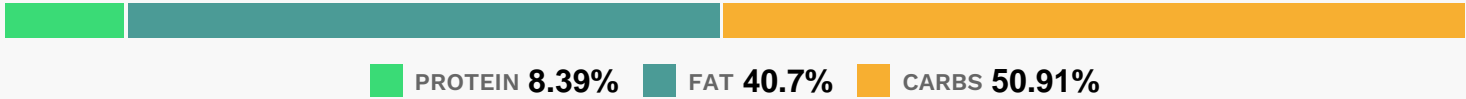
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the toffees into a small pan with the milk and melt over a very low heat, stirring occasionally to bring together to a smooth sauce. Cool off the heat for 1-2 mins until a little less molten and thickened slightly.
- ☐ Cover two baking sheets with baking parchment. Unroll one tube of croissant dough. Pinch together the diagonal perforated seams, but divide the dough into three rectangles along the straight crossing seams.
- ☐ Cut each rectangle into 4 long, thin strips so you end up with 1
- ☐ Drizzle a little toffee along the length of each strip, then scatter with some chocolate drops. Unroll the other dough and cut into the same size strips, then sandwich together with the toffee-choc covered ones. Holding the ends of each strip, twist tightly and lay on the prepared baking sheets theyll expand a little.
- ☐ Once all are shaped, bake for 12-15 mins until golden and crisp. Dust with a little golden icing sugar to serve and enjoy best, freshly baked.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:7.83, Inflammation Score:-1, Nutrition Score:1.4734782648637%

Nutrients (% of daily need)

Calories: 105.82kcal (5.29%), Fat: 4.75g (7.31%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 13.19g (4.8%), Sugar: 8.54g (9.49%), Cholesterol: 15.96mg (5.32%), Sodium: 69.77mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Iron: 1.8mg (10%), Vitamin A: 148.49IU (2.97%), Selenium: 1.64µg (2.34%), Vitamin B1: 0.03mg (2.24%), Phosphorus: 21.83mg (2.18%), Vitamin B6: 0.04mg (1.83%), Vitamin B3: 0.35mg (1.73%), Vitamin B2: 0.03mg (1.62%), Calcium: 15.89mg (1.59%), Vitamin B12: 0.08µg (1.36%)