

## Delicious Matzo Candy

READY IN



55 min.

SERVINGS



48

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup brown sugar
- 1 cup butter
- 12 matzo
- 12 ounce semi chocolate chips
- 1 cup walnut pieces chopped

### Equipment

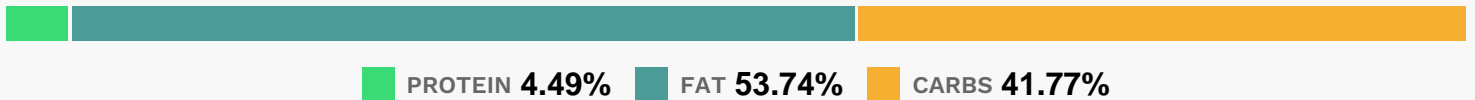
- baking sheet
- sauce pan

- oven
- aluminum foil
- spatula

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Line two baking sheets with aluminum foil.
- Place the matzo crackers in a single layer on the lined baking sheets, breaking to fit, if necessary.
- Bring the butter and brown sugar to a boil in a heavy bottomed saucepan over medium heat. Continue to cook, stirring constantly, until thick and smooth, about 3 minutes.
- Pour the hot sugar mixture over the matzo, and spread evenly with a heat proof spatula.
- Place the caramel topped matzo in the preheated oven for 10 minutes.
- Remove from oven and evenly sprinkle the chocolate chips on top. Return pans to oven to melt chocolate, about 1 minute. Smooth melted chocolate to completely cover the caramel.
- Sprinkle with the chopped walnuts. Chill in refrigerator for 20 minutes, or until set. Break into small pieces to serve.

## Nutrition Facts



## Properties

Glycemic Index:1.46, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.528260866261%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 135.95kcal (6.8%), Fat: 8.24g (12.67%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 13.47g (4.9%), Sugar: 7.13g (7.93%), Cholesterol: 10.59mg (3.53%), Sodium: 32.45mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.55g (3.1%), Manganese: 0.23mg (11.28%), Copper: 0.13mg (6.68%), Selenium: 3.4µg (4.86%), Magnesium: 18.58mg (4.65%), Iron: 0.77mg (4.3%), Fiber: 0.94g (3.76%), Phosphorus: 34.41mg (3.44%), Vitamin B1: 0.04mg (2.53%), Vitamin A: 122.21IU (2.44%), Zinc: 0.32mg (2.11%), Potassium: 66.01mg (1.89%), Vitamin B3: 0.37mg (1.83%), Vitamin B2: 0.03mg (1.71%), Vitamin B6: 0.03mg (1.28%), Calcium: 12.63mg (1.26%), Vitamin E: 0.17mg (1.15%)