

English Toffee

 **Gluten Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



40

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 tablespoons butter (1 stick, plus 6 tablespoons)
- 6 ounce chocolate bars thin
- 0.5 cup pecans chopped
- 1 Dash salt
- 1 cup sugar
- 1 teaspoon vanilla extract pure
- 2 tablespoons water cold

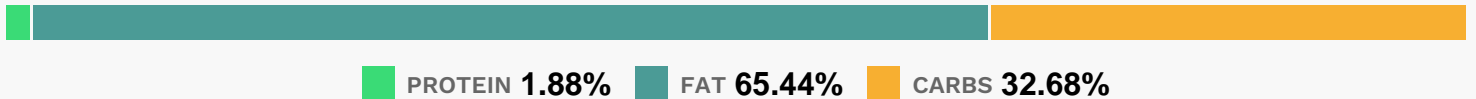
Equipment

- frying pan
- baking sheet
- wooden spoon
- candy thermometer

Directions

- Generously butter a cookie sheet.
- Put butter, sugar, and water in a heavy pan or skillet over medium-high heat. Bring to a bubbling boil, stirring constantly with a wooden spoon, about 10 minutes.
- Remove spoon from pan, and cook to a very brittle stage (300 degrees to 310 degrees F on a candy thermometer). Or, make a cold water test: candy will separate into hard, brittle threads when dropped in cold water.
- Remove from heat and add nuts to mixture.
- Add vanilla and salt.
- Pour onto prepared cookie sheet and spread to 1/4-inch thickness. Cool slightly, top with chocolate chips or chocolate bars, and spread as it melts. Cool completely and break into pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:3.5, Inflammation Score:-1, Nutrition Score:1.1600000043602%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 88.71kcal (4.44%), Fat: 6.6g (10.15%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.94g (2.52%), Sugar: 6.62g (7.36%), Cholesterol: 10.79mg (3.6%), Sodium: 33mg (1.43%), Alcohol: 0.03g (100%), Alcohol %: 0.27% (100%), Caffeine: 3.66mg (1.22%), Protein: 0.43g (0.85%), Manganese: 0.12mg (5.9%), Copper: 0.07mg (3.5%), Vitamin A: 125.34IU (2.51%), Magnesium: 9.25mg (2.31%), Fiber: 0.47g (1.88%), Iron: 0.31mg (1.7%), Phosphorus: 16.01mg (1.6%), Zinc: 0.18mg (1.2%), Vitamin E: 0.16mg (1.05%)