



## Ghirardelli® Chocolate Saltine Toffee

READY IN



30 min.

SERVINGS



7

CALORIES



1037 kcal

SIDE DISH

### Ingredients

- 5 ounces almonds toasted sliced
- 5 ounces chocolate chips 60% ghirardelli®
- 2 tablespoons plus
- 2 cups granulated sugar
- 60 saltines
- 2 cups butter unsalted cut into pieces

### Equipment

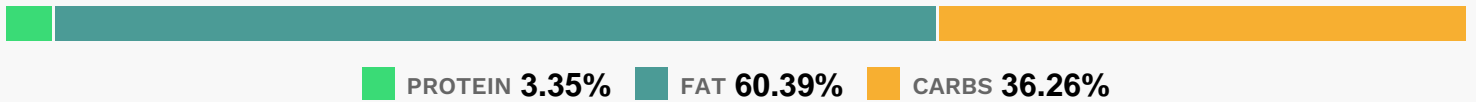
- frying pan

- baking paper
- pot
- candy thermometer

## Directions

- In a half sheet pan lined with parchment paper, lay out saltine crackers, salt side down, in a single layer. Set aside.
- In a medium-size sauce pot, combine sugar, butter and corn syrup.
- Place over medium heat until butter melts, stirring continuously. Increase to high heat and cook until mixture registers 350 degrees F on a candy thermometer, stirring occasionally.
- Remove from heat and carefully pour mixture over saltines, spreading evenly.
- Let sit a few minutes and then sprinkle chocolate over toffee. Once chocolate melts, spread in an even layer over toffee.
- Sprinkle sliced almonds on top. Freeze until chocolate sets. Once the chocolate is set, break into pieces.

## Nutrition Facts



## Properties

Glycemic Index:14.16, Glycemic Load:40.99, Inflammation Score:-8, Nutrition Score:14.540434873298%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 1036.89kcal (51.84%), Fat: 71.49g (109.98%), Saturated Fat: 40.38g (252.39%), Carbohydrates: 96.58g (32.19%), Net Carbohydrates: 92.56g (33.66%), Sugar: 70.01g (77.79%), Cholesterol: 139.65mg (46.55%), Sodium:

275.44mg (11.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.85%), Vitamin E: 7.3mg (48.68%), Manganese: 0.71mg (35.57%), Vitamin A: 1623.26IU (32.47%), Vitamin B2: 0.43mg (25%), Magnesium: 69.24mg (17.31%), Vitamin B1: 0.25mg (16.62%), Phosphorus: 164.71mg (16.47%), Fiber: 4.02g (16.08%), Copper: 0.3mg (14.79%), Iron: 2.49mg (13.81%), Calcium: 137.67mg (13.77%), Vitamin B3: 2.63mg (13.13%), Folate: 49.57µg (12.39%), Vitamin K: 12.63µg (12.03%), Zinc: 1.62mg (10.77%), Potassium: 332.47mg (9.5%), Selenium: 5.57µg (7.95%), Vitamin D: 0.97µg (6.49%), Vitamin B5: 0.44mg (4.4%), Vitamin B6: 0.08mg (3.91%), Vitamin B12: 0.19µg (3.17%)