



Graham-Pecan Toffee

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



219 kcal

SIDE DISH

Ingredients

- 0.3 tsp baking soda
- 0.3 cup butter
- 12 graham crackers (24 squares)
- 1 cup planters pecans chopped
- 0.3 tsp salt
- 3 oz baker's semi-sweet chocolate
- 1 cup sugar
- 0.3 cup water

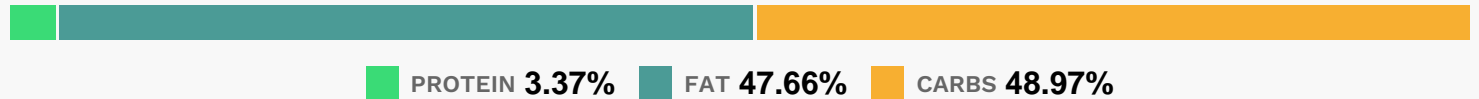
Equipment

- frying pan
- sauce pan
- candy thermometer

Directions

- Arrange graham squares on bottom of 15x10x1-inch pan sprayed with cooking spray.
- Cook and stir sugar, butter, water and salt in medium saucepan on medium-high heat until mixture reaches 300F on candy thermometer (hard-crack stage) or until small amount of mixture dropped into cold water separates into hard brittle strands.
- Remove from heat; stir in baking soda. Immediately pour over grahams; spread to evenly cover grahams.
- Sprinkle with nuts; cool. Melt chocolate as directed on package; drizzle over toffee.
- Let stand at room temperature until firm. Break into pieces.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:16.47, Inflammation Score:-2, Nutrition Score:3.659130419402%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 219.06kcal (10.95%), Fat: 11.93g (18.35%), Saturated Fat: 2.64g (16.5%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 26g (9.46%), Sugar: 19.53g (21.7%), Cholesterol: 0.36mg (0.12%), Sodium: 182.27mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.22mg (1.74%), Protein: 1.9g (3.79%), Manganese: 0.4mg (19.97%), Copper: 0.17mg (8.3%), Magnesium: 26.49mg (6.62%), Fiber: 1.57g (6.29%), Phosphorus: 60.55mg

(6.06%), Iron: 1.07mg (5.92%), Vitamin B1: 0.08mg (5.09%), Zinc: 0.72mg (4.77%), Vitamin A: 151.99IU (3.04%),
Vitamin B3: 0.59mg (2.94%), Vitamin B2: 0.05mg (2.66%), Potassium: 86.67mg (2.48%), Calcium: 19.71mg (1.97%),
Folate: 7.12µg (1.78%), Vitamin E: 0.26mg (1.74%), Vitamin B6: 0.03mg (1.46%), Selenium: 0.87µg (1.24%)