



Grandma Weiser's English Toffee

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1396 kcal

SIDE DISH

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 1 cup butter
- ☐ 1 cup chocolate chips
- ☐ 1 tablespoon plus light
- ☐ 1 cup sugar
- ☐ 2 tablespoons water

Equipment

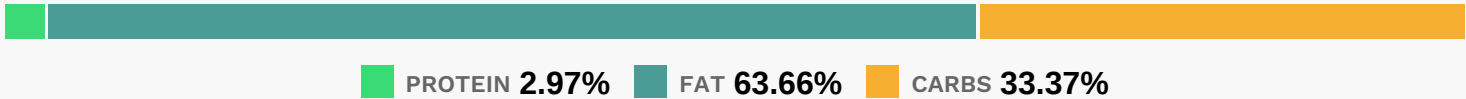
- ☐ baking sheet

- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ In a heavy saucepan, combine all ingredients except chocolate chips and nuts. Stirring constantly, cook over medium heat until candy thermometer reads 300 degrees or until candy is thick and golden.
- ☐ Spread on a greased baking sheet, and then sprinkle with chocolate chips.
- ☐ Spread chips evenly until melted and top is completely covered.
- ☐ Sprinkle with almond pieces and refrigerate to set. Break into pieces before serving.

Nutrition Facts



Properties

Glycemic Index:49.7, Glycemic Load:48.07, Inflammation Score:-8, Nutrition Score:18.296087202818%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 1395.94kcal (69.8%), Fat: 102.52g (157.73%), Saturated Fat: 51.42g (321.38%), Carbohydrates: 120.95g (40.32%), Net Carbohydrates: 114.99g (41.81%), Sugar: 108.57g (120.63%), Cholesterol: 162.68mg (54.23%), Sodium: 492.73mg (21.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.5%), Vitamin E: 13.96mg (93.05%), Manganese: 1.09mg (54.59%), Vitamin A: 1891.39IU (37.83%), Vitamin B2: 0.58mg (34.22%), Magnesium: 130.39mg (32.6%), Copper: 0.5mg (24.86%), Phosphorus: 247.44mg (24.74%), Fiber: 5.96g (23.83%), Calcium: 191.16mg (19.12%), Potassium: 540.39mg (15.44%), Zinc: 1.6mg (10.63%), Iron: 1.82mg (10.09%), Vitamin B3: 1.76mg (8.79%), Vitamin B1: 0.11mg (7.06%), Folate: 23.24µg (5.81%), Vitamin K: 5.3µg (5.04%), Selenium: 3.16µg (4.52%), Vitamin B6: 0.07mg (3.38%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.13µg (2.14%)