



Hazelnut Toffee Crunch

 **Gluten Free**

READY IN



20 min.

SERVINGS



3

CALORIES



1268 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter (no substitutes)
- ☐ 2 tablespoons plus light
- ☐ 1.5 cups hazelnuts chopped
- ☐ 1.5 cups milk chocolate chips
- ☐ 0.5 cup sugar white

Equipment

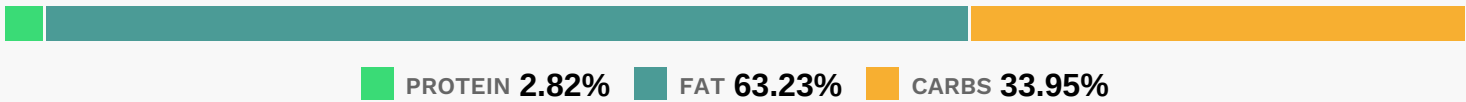
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line a 9 inch square pan with enough aluminum foil to extend a little past the edges, and butter the foil.
- ☐ Place chocolate chips in a glass bowl, and cook in the microwave, stirring every 20 to 30 seconds until melted and smooth.
- ☐ Spread the melted chocolate in the bottom of the prepared pan. Set aside in the refrigerator to cool while you make the candy part.
- ☐ In a small saucepan over medium heat, combine the sugar, butter, hazelnuts and corn syrup. Bring to a boil, stirring to blend as the butter melts.
- ☐ Heat the mixture to 250 to 265 degrees F (121 to 129 degrees C), or until a small amount of syrup dropped into cold water forms a rigid ball.
- ☐ Pour over the cooled chocolate, and spread into an even layer. Return to the refrigerator to cool. When completely cool, break into bite size pieces, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:51.36, Glycemic Load:26.05, Inflammation Score:-7, Nutrition Score:19.97391307354%

Flavonoids

Cyanidin: 4.03mg, Cyanidin: 4.03mg, Cyanidin: 4.03mg, Cyanidin: 4.03mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg

Nutrients (% of daily need)

Calories: 1267.91kcal (63.4%), Fat: 93.01g (143.1%), Saturated Fat: 38.2g (238.73%), Carbohydrates: 112.37g (37.46%), Net Carbohydrates: 106.55g (38.74%), Sugar: 98.58g (109.54%), Cholesterol: 81.34mg (27.11%), Sodium:

252.7mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Manganese: 3.71mg (185.32%), Vitamin E: 9.88mg (65.85%), Copper: 1.03mg (51.72%), Vitamin B1: 0.4mg (26.42%), Magnesium: 98.7mg (24.68%), Fiber: 5.82g (23.28%), Potassium: 675.03mg (19.29%), Vitamin A: 957.46IU (19.15%), Phosphorus: 183.08mg (18.31%), Folate: 68.93µg (17.23%), Vitamin B6: 0.34mg (16.95%), Iron: 2.84mg (15.8%), Calcium: 144.01mg (14.4%), Vitamin K: 11.17µg (10.64%), Zinc: 1.57mg (10.48%), Vitamin B5: 0.59mg (5.92%), Vitamin B3: 1.1mg (5.48%), Vitamin B2: 0.09mg (5.12%), Vitamin C: 3.78mg (4.58%), Selenium: 2.12µg (3.03%), Vitamin B12: 0.06µg (1.07%)