



Homemade Almond Roca

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



1000 kcal

SIDE DISH

Ingredients

- 0.5 cup slivered almonds
- 1 cup butter cubed
- 1 cup sugar
- 3 tablespoons water boiling
- 2 tablespoons plus light
- 0.5 cup semi chocolate chips
- 0.5 cup peppermint candies white

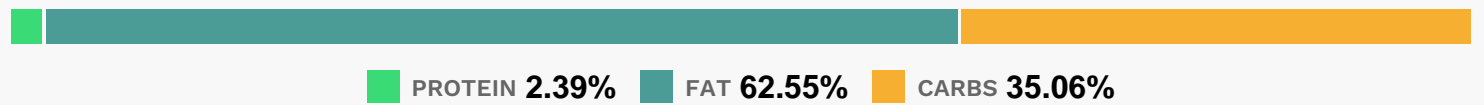
Equipment

- sauce pan
- oven
- baking pan
- candy thermometer

Directions

- Sprinkle almonds on a greased 15x10x1-in. baking pan.
- Bake at 300° for 15 minutes or until toasted and golden brown; remove from the oven and set aside.
- In a large saucepan over low heat, cook butter and sugar for 5 minutes.
- Add water and corn syrup. Bring to a boil over medium heat; cook, stirring occasionally, until a candy thermometer reads 300° (hard-crack stage). Quickly pour over almonds.
- Sprinkle chips on top; let stand for 1-2 minutes or until melted.
- Spread and swirl chocolate over candy. Cool completely; break into pieces.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:36.65, Inflammation Score:-7, Nutrition Score:10.080000053281%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 999.55kcal (49.98%), Fat: 71.79g (110.44%), Saturated Fat: 43.4g (271.26%), Carbohydrates: 90.52g (30.17%), Net Carbohydrates: 87.03g (31.65%), Sugar: 84.02g (93.36%), Cholesterol: 123.36mg (41.12%), Sodium: 393.51mg (17.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.35mg (6.45%), Protein: 6.18g (12.36%),

Vitamin E: 4.91mg (32.7%), Manganese: 0.61mg (30.43%), Vitamin A: 1429.57IU (28.59%), Copper: 0.43mg (21.26%), Magnesium: 77.41mg (19.35%), Fiber: 3.49g (13.95%), Phosphorus: 137.05mg (13.71%), Vitamin B2: 0.19mg (11.4%), Calcium: 110.51mg (11.05%), Iron: 1.96mg (10.88%), Zinc: 1.12mg (7.49%), Potassium: 241.26mg (6.89%), Vitamin K: 5.59µg (5.33%), Selenium: 3.39µg (4.84%), Vitamin B3: 0.7mg (3.51%), Vitamin B1: 0.04mg (2.95%), Vitamin B12: 0.14µg (2.28%), Vitamin B5: 0.19mg (1.93%), Folate: 7.64µg (1.91%), Vitamin B6: 0.03mg (1.39%)