



Matzo Toffee Brittle

READY IN



23 min.

SERVINGS



15

CALORIES



249 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar light packed
- 3.5 sheets matzos unsalted
- 1 cup semisweet chocolate morsels
- 0.3 cup slivered almonds toasted finely chopped
- 1 cup butter unsalted

Equipment

- frying pan
- sauce pan

- oven
- wire rack
- aluminum foil

Directions

- Line a 15- x 10-inch jelly-roll pan with nonstick aluminum foil. Arrange matzos in prepared pan, breaking as necessary to fit and completely cover bottom of pan.
- Bring butter and brown sugar to a boil in a small saucepan over medium-high heat, stirring occasionally. Boil, stirring constantly, 3 minutes. Carefully pour mixture evenly over matzos in pan, and spread over matzos.
- Bake at 350 for 15 minutes. (
- Mixture will start to bubble at about 10 minutes. Continue to bake to 15 minutes.) Carefully remove pan from oven to a wire rack. (
- Mixture will still be bubbly.)
- Let stand 1 minute at room temperature or until no longer bubbly.
- Sprinkle top evenly with morsels; let stand 1 minute or until morsels soften.
- Spread morsels over brittle.
- Sprinkle with almonds; let stand at room temperature 30 minutes.
- Place pan in refrigerator; chill 30 minutes or until chocolate is firm. Break into about 20 pieces. Store in an airtight container up to 1 week in refrigerator.
- Note: For testing purposes only, we used Manischewitz Unsalted Matzos.

Nutrition Facts

 
 **PROTEIN 2.23%**  **FAT 64.06%**  **CARBS 33.71%**

Properties

Glycemic Index:0.67, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:3.4221739211808%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 248.54kcal (12.43%), Fat: 18.07g (27.8%), Saturated Fat: 10.51g (65.68%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 20.13g (7.32%), Sugar: 18.75g (20.83%), Cholesterol: 33.26mg (11.09%), Sodium: 7mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.32mg (3.44%), Protein: 1.41g (2.83%), Manganese: 0.23mg (11.27%), Copper: 0.18mg (9.2%), Vitamin A: 384.21IU (7.68%), Magnesium: 29.28mg (7.32%), Vitamin E: 1.04mg (6.91%), Iron: 0.96mg (5.34%), Fiber: 1.27g (5.07%), Phosphorus: 47.17mg (4.72%), Potassium: 109.03mg (3.12%), Calcium: 29.73mg (2.97%), Zinc: 0.41mg (2.75%), Vitamin B2: 0.04mg (2.3%), Selenium: 1.52µg (2.17%), Vitamin K: 1.92µg (1.83%), Vitamin D: 0.23µg (1.51%), Vitamin B3: 0.22mg (1.1%)