



Matzo Toffee With Almonds

READY IN



40 min.

SERVINGS



16

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar packed
- 5 sheets matzo whole wheat (broken into large and small pieces to fit the pan)
- 1 teaspoon sea salt
- 12 ounce semi chocolate chips (2 cups)
- 0.3 cup slivered almonds toasted
- 0.8 cup butter unsalted cut into small pieces ()

Equipment

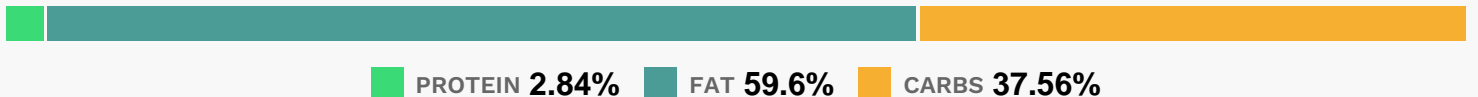
- frying pan

- baking sheet
- sauce pan
- baking paper
- oven
- spatula

Directions

- Preheat oven to 275°F.
- Line a baking sheet with parchment paper.
- Place matzos in an even layer on a 13 x17-inch jelly roll pan. You may need to break some matzos to fit the pan, and you should have extra matzo left over.
- Melt butter in a saucepan over medium-low heat.
- Add brown sugar and immediately reduce the temperature to low. Cook, stirring, until sugar has completely dissolved and begins to bubble.
- Drizzle toffee over matzo and spread evenly to cover using a spatula.
- Transfer toffee-covered matzo to oven and bake until the toffee gets shiny for 15 minutes.
- Remove from oven and sprinkle with chocolate chips.
- Let stand for 5 minutes, and spread melted chocolate over matzo to cover.
- Sprinkle with the toasted almonds and sea salt.
- Transfer matzo to the refrigerator and chill for at least 2 hours.
- Break chilled matzo toffee into pieces. Matzo toffee will keep in an airtight container for up to 4 days at room temperature, but it tastes much better, and keep longer (though it's not likely to last long) in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:4.5760869772538%

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 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: 265.91kcal (13.3%), Fat: 17.9g (27.54%), Saturated Fat: 10.24g (63.98%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 23.4g (8.51%), Sugar: 21.25g (23.61%), Cholesterol: 24.15mg (8.05%), Sodium: 152.51mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 1.92g (3.83%), Manganese: 0.34mg (17.24%), Copper: 0.3mg (14.85%), Magnesium: 45.03mg (11.26%), Iron: 1.54mg (8.55%), Fiber: 1.99g (7.97%), Phosphorus: 69.49mg (6.95%), Vitamin E: 0.95mg (6.32%), Vitamin A: 276.56IU (5.53%), Potassium: 158.27mg (4.52%), Zinc: 0.65mg (4.33%), Calcium: 33.33mg (3.33%), Selenium: 2.27µg (3.24%), Vitamin B2: 0.04mg (2.39%), Vitamin K: 2.28µg (2.17%), Vitamin B3: 0.29mg (1.46%), Vitamin B5: 0.11mg (1.06%), Vitamin D: 0.16µg (1.06%)