



Nutty chocolate crunch

READY IN



25 min.

SERVINGS



20

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g biscuits assorted roughly chopped
- ☐ 250 g fruit jell-o® mix dried assorted
- ☐ 100 g butter chopped
- ☐ 140 g golden syrup
- ☐ 300 g frangelico plain chopped
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Equipment

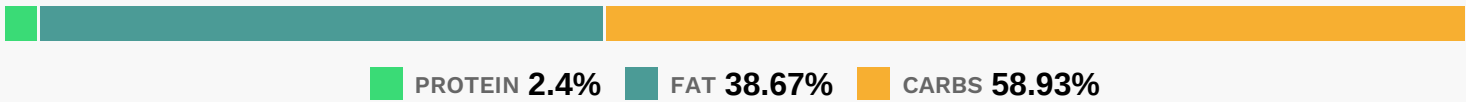
- ☐ bowl

☐ frying pan

Directions

- ☐ Butter and line a 20cm square tin with non-stick baking parchment. In a large bowl, combine the biscuits and nuts, halving any larger nuts. Melt the chocolate, butter and golden syrup in a bowl set over a pan of simmering water, stirring occasionally until smooth and glossy, then pour this over the biscuit and nut mixture.
- ☐ Tip the mixture into the tin, then flatten lightly it doesnt need to be completely smooth. Chill for at least 2 hrs or overnight before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:7.33, Inflammation Score:-1, Nutrition Score:1.7330434762913%

Nutrients (% of daily need)

Calories: 141.5kcal (7.07%), Fat: 6.12g (9.41%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 20.27g (7.37%), Sugar: 11.97g (13.3%), Cholesterol: 10.88mg (3.63%), Sodium: 157.15mg (6.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Phosphorus: 54.95mg (5.49%), Iron: 0.7mg (3.91%), Vitamin B1: 0.05mg (3.57%), Selenium: 2.4µg (3.43%), Fiber: 0.7g (2.8%), Vitamin A: 134.7IU (2.69%), Manganese: 0.05mg (2.45%), Calcium: 23.95mg (2.39%), Vitamin B2: 0.04mg (2.25%), Folate: 8.9µg (2.22%), Vitamin B3: 0.42mg (2.11%), Vitamin E: 0.28mg (1.87%)