



# Passion Fruit Caramel Gold Coins, Chocolate Covered Caramel Almond Magic Beans, and Cinnamon Caramel Macadamia Chocolate Bars

 Gluten Free

READY IN



480 min.

SERVINGS



36

CALORIES



623 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounces plus light
- 12 ounces plus light
- 0.5 cup cup heavy whipping cream
- 3 cups cup heavy whipping cream
- 1 pound chocolate dark

- 1.3 ounce chocolate dark chopped
- 3 ounces chocolate dark melted
- 0.1 teaspoon fleur del sel
- 1.5 tablespoons glucose
- 1 teaspoon ground cinnamon
- 8 ounces honey
- 1 pound macadamia nuts toasted finely chopped
- 1 cup passion puree
- 5.3 ounces chocolate chopped
- 12 ounces chocolate
- 3 tablespoons powdered sugar
- 1 teaspoon salt
- 1.5 teaspoons salt
- 1 pound sugar
- 1 pound sugar
- 2.8 ounces sugar
- 14 ounce condensed milk sweetened canned
- 0.5 ounce butter unsalted plus more for greasing
- 1 tablespoon butter unsalted
- 6 ounces butter unsalted room temperature
- 1 vanilla pod
- 0.5 cup water
- 1 ounce water
- 8 ounces almonds whole toasted

## Equipment

- bowl
- frying pan
- sauce pan

- baking paper
- whisk
- microwave

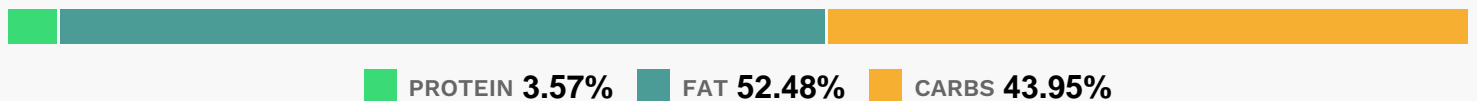
## Directions

- In a small saucepan, cook the sugar, corn syrup and water to a dark amber caramel.
- Add the passion fruit puree, butter, vanilla seeds and sweetened condensed milk. Bring to a boil and cook to 235 degrees F while stirring the entire time. Stir in the salt. Spray parchment paper with nonstick and put on a sheet pan. Set the metal caramel frames to 8 by 12 inches on top.
- Pour the caramel inside the frame and place in the freezer until frozen.
- Once the passion fruit caramel is frozen, cut out about 36 disks with 1 1/2-inch round cutters. Store the caramel in the freezer. Melt the dark chocolate. Dip the frozen passion fruit caramel disks into the chocolate and let set at room temperature until the chocolate hardens.
- In a medium saucepan over medium heat, cook the sugar and the water to soft ball stage, 240 degrees F.
- Add the almonds and keep stirring until caramelized to a dark amber color.
- Add the salt and butter.
- Spread onto greased sheet pans and let cool 20 to 60 minutes, depending on the temperature of the room. After they have cooled, put in the refrigerator about 1 hour.
- Transfer the almonds into a stainless steel bowl and coat the almonds with the melted chocolate while stirring constantly. When set, sift the cocoa powder or powder sugar over the almonds.
- In a small saucepan, bring the cream, cinnamon, and glucose to a boil.
- Place the butter, salt, and both chocolates in a small bowl.
- Pour the hot cream over the chocolate and let stand for 10 seconds.
- Whisk to combine.
- Let stand at room temperature until the edges of the ganache start to crystallize.
- Meanwhile, melt the dark chocolate to 186.8 degrees F.
- Pour into the chocolate bar molds to coat, then pour back out. Tap all of the excess chocolate out, then invert onto parchment paper until the chocolate hardens completely. Pipe the

ganache half way into the chocolate shell.

- In a small saucepan, caramelize the corn syrup and sugar to a dark amber.
- Place the cream in a small microwave-proof container and heat in the microwave until hot to the touch. Carefully add the caramel to the hot cream. Bring the mixture back to a boil.
- Place the chocolate and honey in a medium bowl.
- Pour the hot cream mixture over the chocolate.
- Let stand for 10 seconds and whisk to combine. Fold in the macadamia nuts.
- Let stand at room temperature until the edges of the ganache start to crystallize. Spoon the caramel on top of the cinnamon chocolate ganache and top with the rest of the tempered chocolate.
- Let it set up in the refrigerator, about 1 hour. Tap the bars out of the mold.

## Nutrition Facts



## Properties

Glycemic Index:16.46, Glycemic Load:32.86, Inflammation Score:-6, Nutrition Score:11.95217396902%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 622.51kcal (31.13%), Fat: 38.16g (58.71%), Saturated Fat: 17.2g (107.51%), Carbohydrates: 71.92g (23.97%), Net Carbohydrates: 67.25g (24.45%), Sugar: 64.2g (71.34%), Cholesterol: 42.22mg (14.07%), Sodium: 207.98mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.72mg (7.57%), Protein: 5.84g (11.69%), Manganese: 1.08mg (54.02%), Copper: 0.55mg (27.7%), Magnesium: 92.92mg (23.23%), Fiber: 4.67g (18.68%), Iron: 3.13mg (17.41%), Phosphorus: 170.14mg (17.01%), Vitamin E: 2.23mg (14.89%), Vitamin B2: 0.24mg (14.12%), Vitamin B1: 0.2mg (13.2%), Vitamin A: 590.3IU (11.81%), Calcium: 95.27mg (9.53%), Potassium: 332.84mg (9.51%), Zinc: 1.38mg (9.2%), Selenium: 4.99µg (7.13%), Vitamin B3: 0.9mg (4.52%), Vitamin B6: 0.08mg (3.98%), Vitamin C: 3.19mg (3.86%), Vitamin B5: 0.37mg (3.69%), Vitamin K: 3.54µg (3.37%), Vitamin D: 0.47µg (3.17%), Folate: 10.18µg (2.54%),

Vitamin B12: 0.14µg (2.33%)