



Pecan Buttercrunch with Fleur de Sel



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 16 servings fleur del sel
- ☐ 4 oz brown sugar light
- ☐ 1 cup pecan halves toasted chopped
- ☐ 5.3 oz sugar
- ☐ 4 oz butter unsalted cut into pieces
- ☐ 1 teaspoon vanilla extract

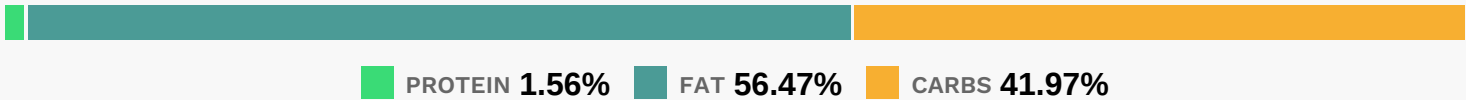
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ double boiler
- ☐ candy thermometer

Directions

- ☐ Line a baking sheet or pan with a silicone baking mat.
- ☐ Combine the sugars, butter, vanilla, and salt in a medium saucepan. Cook over medium heat, stirring to combine, until it comes to a boil.Continue cooking without stirring until the mixture reaches 298°F on a candy thermometer.
- ☐ Remove from heat and stir in the baking soda and vanilla.
- ☐ Pour the mixture onto the baking sheet and spread it out evenly, working quickly before it sets.
- ☐ Let the toffee layer cool completely.Either temper the chocolate or simply melt it in a double boiler.
- ☐ Pour the chocolate over the toffee layer and spread out evenly.Immediately sprinkle the pecans over the chocolate.
- ☐ Sprinkle a few grains of fleur de sel over the chocolate.
- ☐ Let the chocolate fully set.Break the toffee into pieces before serving.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:6.52, Inflammation Score:-1, Nutrition Score:1.8878260734289%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg

Nutrients (% of daily need)

Calories: 157.04kcal (7.85%), Fat: 10.23g (15.74%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 16.52g (6.01%), Sugar: 16.44g (18.27%), Cholesterol: 15.24mg (5.08%), Sodium: 205.22mg (8.92%), Alcohol: 0.09g (100%), Alcohol %: 0.36% (100%), Protein: 0.64g (1.27%), Manganese: 0.28mg (14.24%), Copper: 0.08mg (3.98%), Vitamin A: 180.58IU (3.61%), Vitamin B1: 0.04mg (2.75%), Fiber: 0.59g (2.38%), Magnesium: 8.3mg (2.08%), Zinc: 0.29mg (1.94%), Phosphorus: 19.14mg (1.91%), Vitamin E: 0.25mg (1.67%), Calcium: 12.16mg (1.22%), Iron: 0.21mg (1.19%), Potassium: 37.09mg (1.06%)