



Pecan Toffee

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



928 kcal

SIDE DISH

Ingredients

- 1 cup butter softened
- 7.8 ounce milk chocolate bars
- 1.5 cups pecans divided chopped
- 1 cup sugar
- 0.3 cup water

Equipment

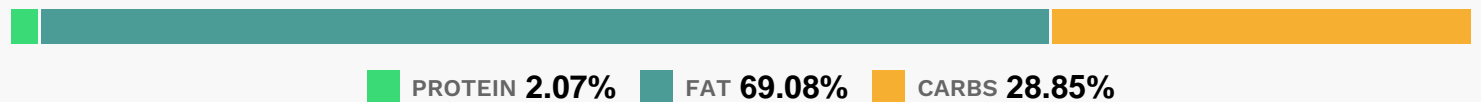
- frying pan
- sauce pan

- aluminum foil
- rolling pin
- candy thermometer

Directions

- Line a 15- x 10-inch jellyroll pan with heavy-duty aluminum foil; lightly grease foil.
- Sprinkle with 1 cup pecans to within 1 inch of edges.
- Bring sugar, butter, and 1/3 cup water to a boil in a heavy saucepan over medium heat, stirring constantly. Cook over medium-high heat, stirring constantly, 12 minutes or until a candy thermometer registers 310 (hard crack stage).
- Pour over pecans; sprinkle with chocolate pieces.
- Let stand 30 seconds.
- Sprinkle with remaining 1/2 cup pecans. Chill 30 minutes. Break up toffee using a mallet or rolling pin. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:34.54, Glycemic Load:38.36, Inflammation Score:-7, Nutrition Score:13.171304420285%

Flavonoids

Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg

Nutrients (% of daily need)

Calories: 928.26kcal (46.41%), Fat: 75.52g (116.18%), Saturated Fat: 34.18g (213.62%), Carbohydrates: 70.95g (23.65%), Net Carbohydrates: 65.4g (23.78%), Sugar: 63.87g (70.96%), Cholesterol: 97.61mg (32.54%), Sodium: 300.14mg (13.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29mg (9.67%), Protein: 5.1g (10.2%), Manganese: 1.69mg (84.51%), Copper: 0.65mg (32.5%), Vitamin A: 1152.86IU (23.06%), Magnesium: 90.29mg (22.57%), Fiber: 5.56g (22.22%), Phosphorus: 166.07mg (16.61%), Vitamin B1: 0.23mg (15.13%), Zinc: 2.19mg (14.58%), Iron: 2.07mg (11.5%), Vitamin E: 1.63mg (10.84%), Vitamin B2: 0.17mg (10.06%), Potassium: 273.2mg (7.81%), Vitamin

K: 7.09µg (6.75%), Selenium: 3.17µg (4.52%), Calcium: 45.21mg (4.52%), Vitamin B6: 0.09mg (4.45%), Vitamin B5: 0.36mg (3.63%), Vitamin B3: 0.7mg (3.48%), Folate: 9.87µg (2.47%), Vitamin B12: 0.08µg (1.29%)