



Peppermint Toffee Crunch

READY IN



110 min.

SERVINGS



32

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10.5 oz asian rice cracker snack mix chex mix® muddy buddies®
- 1 cup butter cut into pieces
- 1 cup sugar
- 0.5 cup peppermint candies white
- 0.5 cup semi chocolate chips
- 1 teaspoon vegetable oil
- 0.8 cup almonds sliced toasted

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- aluminum foil
- microwave

Directions

- Heat oven to 350°F. Line 15x10x1-inch pan with heavy-duty foil. Spray foil with cooking spray.
- Spread cereal evenly in pan.
- Melt butter in 2-quart saucepan over medium heat. Using whisk, mix butter and sugar together until smooth.
- Heat to boiling over medium heat, stirring constantly. Boil 2 minutes, stirring constantly. Immediately pour mixture evenly over cereal in pan.
- Bake 12 minutes.
- Remove from oven. Cool completely, about 1 hour.
- Place semisweet chips and 1/2 teaspoon of the oil in small microwavable bowl. Microwave uncovered on High 1 minute to 1 minute 10 seconds, until almost melted. Stir until smooth.
- Drizzle evenly over half of toffee; sprinkle with half of almonds, pressing gently.
- Place white vanilla baking chips and remaining oil in small microwavable bowl. Microwave uncovered on 70% power 1 minute to 1 minute 10 seconds, until almost melted. Stir until smooth.
- Drizzle over remaining half of toffee; sprinkle with remaining almonds, pressing gently. Refrigerate 20 minutes to set chocolate; break into pieces. Store tightly covered in refrigerator up to one week.

Nutrition Facts



PROTEIN 4.01% **FAT 54.77%** **CARBS 41.22%**

Properties

Glycemic Index:4.07, Glycemic Load:4.38, Inflammation Score:-2, Nutrition Score:2.6004347831173%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 164.82kcal (8.24%), Fat: 10.28g (15.81%), Saturated Fat: 5.61g (35.08%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 16.37g (5.95%), Sugar: 10.15g (11.28%), Cholesterol: 15.79mg (5.26%), Sodium: 113.01mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Manganese: 0.16mg (8.17%), Vitamin E: 0.84mg (5.57%), Fiber: 1.03g (4.14%), Magnesium: 15.66mg (3.91%), Iron: 0.67mg (3.73%), Copper: 0.07mg (3.66%), Vitamin A: 178.7IU (3.57%), Phosphorus: 35.2mg (3.52%), Vitamin B2: 0.06mg (3.47%), Folate: 12.23µg (3.06%), Vitamin B3: 0.57mg (2.87%), Vitamin B1: 0.04mg (2.59%), Vitamin K: 2.33µg (2.21%), Zinc: 0.3mg (2.03%), Calcium: 19.51mg (1.95%), Selenium: 1.08µg (1.55%), Potassium: 53.02mg (1.51%), Vitamin B6: 0.02mg (1.1%)