



Peppermint Toffee Crunch

READY IN



110 min.

SERVINGS



32

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

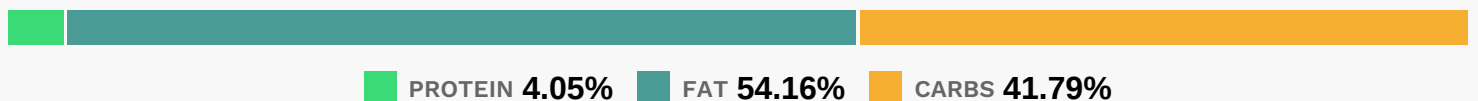
Equipment

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

Directions

- ☐ Heat oven to 350F. 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



Properties

Glycemic Index:4.07, Glycemic Load:4.38, Inflammation Score:-2, Nutrition Score:2.6265217458586%

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: 154.11kcal (7.71%), Fat: 9g (13.85%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 14.59g (5.3%), Sugar: 8.46g (9.4%), Cholesterol: 15.79mg (5.26%), Sodium: 111.01mg (4.83%), Alcohol: 1.12g (100%), Alcohol %: 4.57% (100%), Protein: 1.51g (3.03%), Manganese: 0.17mg (8.55%), Vitamin E: 0.84mg (5.57%), Fiber: 1.03g (4.14%), Magnesium: 16.05mg (4.01%), Copper: 0.08mg (3.78%), Iron: 0.68mg (3.75%), Vitamin B2: 0.06mg (3.65%), Vitamin A: 178.7IU (3.57%), Phosphorus: 35.4mg (3.54%), Folate: 12.23µg (3.06%), Vitamin B3: 0.59mg (2.94%), Vitamin B1: 0.04mg (2.61%), Vitamin K: 2.33µg (2.21%), Zinc: 0.31mg (2.05%), Potassium: 57.83mg (1.65%), Selenium: 1.08µg (1.55%), Calcium: 14.32mg (1.43%), Vitamin B6: 0.02mg (1.14%)