



Salted Chocolate-Pecan Toffee

 Gluten Free  Low Fod Map

READY IN



165 min.

SERVINGS



20

CALORIES



426 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounces bittersweet chocolate
- 1.5 cups butter
- 2 teaspoons sea salt (see Notes)
- 2 cups pecans
- 1 teaspoon salt
- 3.5 cups sugar
- 1 tablespoon vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- offset spatula
- candy thermometer

Directions

- Preheat oven to 350.
- Put pecans on a rimmed baking sheet and cook, stirring occasionally, until toasted, about 8 minutes. When cool enough to handle, chop roughly. Divide into 2 batches; chop 1 batch finely. Set both batches aside.
- Put sugar, butter, salt, and 3/4 cup water in a 4-qt. saucepan over medium heat (see Notes). When butter and sugar are melted, increase heat to medium-high and cook, stirring occasionally, until mixture is deep golden brown and measures 310 on a candy thermometer, about 20 minutes.
- Remove from heat and carefully stir in vanilla (mixture will bubble up) and finely chopped pecans.
- Pour into a 10- by 15-in. rimmed baking sheet.
- Let toffee cool until set, at least 30 minutes. (For even pieces, you can "score" the toffee by cutting it with a sharp knife after it has set for about 10 minutes, scoring into 5 strips lengthwise and 8 strips crosswise to yield 40 pieces. Wipe knife clean with warm water after each slice for easier cutting.)
- Chop chocolate and put in a medium metal bowl. Fill an 8- or 10-in. frying pan with 1/2 in. of water and bring to a boil. Take off heat and put bowl of chocolate in the water.
- Let sit about 5 minutes. Stir chocolate until melted.
- Pour over toffee; with a knife or offset spatula, spread evenly.
- Sprinkle chocolate with roughly chopped pecans.
- Let sit 20 minutes, or until chocolate is cool but still a bit soft.

- Sprinkle with fleur de sel. Chill until set, about 1 hour.
- To remove, gently twist pan to release toffee, then chop or break into chunks. Store in an airtight container.

Nutrition Facts

PROTEIN 1.91%

FAT 56.71%

CARBS 41.38%

Properties

Glycemic Index:6.5, Glycemic Load:24.48, Inflammation Score:-4, Nutrition Score:5.6256521188694%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg

Nutrients (% of daily need)

Calories: 425.59kcal (21.28%), Fat: 27.56g (42.41%), Saturated Fat: 13.11g (81.94%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 42.93g (15.61%), Sugar: 41.66g (46.29%), Cholesterol: 37.62mg (12.54%), Sodium: 460.4mg (20.02%), Alcohol: 0.22g (100%), Alcohol %: 0.35% (100%), Caffeine: 14.63mg (4.88%), Protein: 2.09g (4.19%), Manganese: 0.67mg (33.73%), Copper: 0.33mg (16.71%), Magnesium: 42.34mg (10.59%), Fiber: 2.31g (9.24%), Vitamin A: 439.5IU (8.79%), Phosphorus: 75.77mg (7.58%), Iron: 1.35mg (7.5%), Zinc: 0.92mg (6.13%), Vitamin B1: 0.07mg (4.78%), Vitamin E: 0.63mg (4.23%), Potassium: 142.86mg (4.08%), Selenium: 2.19µg (3.12%), Vitamin K: 2.76µg (2.63%), Calcium: 22.2mg (2.22%), Vitamin B2: 0.03mg (2.02%), Vitamin B5: 0.16mg (1.55%), Vitamin B6: 0.03mg (1.36%), Vitamin B3: 0.27mg (1.34%)