



Salted Toffee-Chocolate Squares

READY IN



45 min.

SERVINGS



24

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 13 graham crackers
- 8 ounces toffee chips
- 1.5 cups almonds toasted coarsely chopped
- 0.5 cup sugar
- 1 cup butter unsalted (2 sticks)
- 4 ounces bittersweet chocolate chopped
- 0.8 teaspoon coarse salt

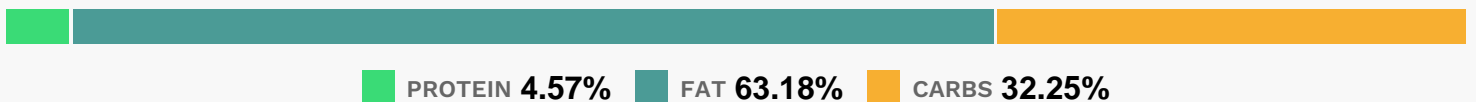
Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- knife
- wire rack
- aluminum foil
- pizza cutter

Directions

- Preheat oven to 350 degrees. Line a rimmed baking sheet with foil.
- Place graham crackers in a single layer on sheet, edges touching.
- Sprinkle toffee bits and almonds over graham crackers.
- In a small saucepan, bring sugar and butter to a boil over medium-high. Reduce heat and cook at a rapid simmer, swirling pan occasionally, until mixture is syrupy, 2 minutes. Immediately pour over graham crackers.
- Bake until sugar topping is bubbling, 12 minutes.
- Remove from oven and immediately sprinkle chocolate and salt over graham crackers. With a sharp knife or pizza cutter, cut into 2-inch squares.
- Let cool completely on sheet on a wire rack. (Store in an airtight container, up to 1 week.)

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:10.19, Inflammation Score:-4, Nutrition Score:4.6700000071331%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 248.04kcal (12.4%), Fat: 17.81g (27.4%), Saturated Fat: 8.3g (51.88%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 18.7g (6.8%), Sugar: 14.03g (15.59%), Cholesterol: 30.45mg (10.15%), Sodium: 137.05mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 2.9g (5.79%), Vitamin E: 2.62mg (17.49%), Manganese: 0.27mg (13.39%), Magnesium: 37.49mg (9.37%), Vitamin B2: 0.13mg (7.81%), Copper: 0.16mg (7.77%), Phosphorus: 75.89mg (7.59%), Fiber: 1.75g (7.01%), Vitamin A: 347.68IU (6.95%), Iron: 0.95mg (5.28%), Calcium: 38.53mg (3.85%), Zinc: 0.57mg (3.81%), Vitamin B3: 0.66mg (3.28%), Potassium: 112.91mg (3.23%), Vitamin B1: 0.04mg (2.56%), Folate: 7.89µg (1.97%), Selenium: 0.96µg (1.37%), Vitamin K: 1.27µg (1.21%), Vitamin B6: 0.02mg (1.13%)