



Saltine Toffee

READY IN



40 min.

SERVINGS



5

CALORIES



988 kcal

SIDE DISH

Ingredients

- 37 saltines
- 1 cup butter cubed
- 0.8 cup sugar
- 2 cups semi chocolate chips
- 1 ounce baker's chocolate white
- 1 teaspoon shortening

Equipment

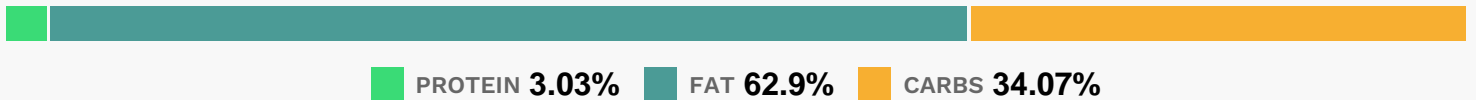
- sauce pan

- oven
- baking pan
- aluminum foil
- microwave

Directions

- Place crackers in a single layer in a foil-lined 15x10x1-in. baking pan. In a large saucepan, bring butter and sugar to a boil. Reduce heat; simmer, uncovered, for 5–6 minutes or until mixture is thickened and sugar is completely dissolved.
- Spread over crackers.
- Bake at 350° for 7–8 minutes or until bubbly.
- Sprinkle with chips.
- Bake 3–5 minutes longer or until chips begin to melt; spread chocolate evenly over top.
- In a microwave, melt white chocolate and shortening; stir until smooth.
- Drizzle over toffee. Chill for 15–20 minutes or until set; break into pieces. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:24.02, Glycemic Load:20.96, Inflammation Score:-8, Nutrition Score:17.704347838526%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

Nutrients (% of daily need)

Calories: 987.81kcal (49.39%), Fat: 70.37g (108.26%), Saturated Fat: 41.64g (260.28%), Carbohydrates: 85.77g (28.59%), Net Carbohydrates: 78.45g (28.53%), Sugar: 56.74g (63.04%), Cholesterol: 101.93mg (33.98%), Sodium: 509.72mg (22.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 66.46mg (22.15%), Protein: 7.62g (15.25%), Manganese: 1.38mg (68.88%), Copper: 1.11mg (55.74%), Magnesium: 151.27mg (37.82%), Iron: 6.8mg (37.77%), Fiber: 7.32g (29.29%), Phosphorus: 243.42mg (24.34%), Vitamin A: 1170.77IU (23.42%), Zinc: 2.65mg (17.67%), Vitamin K: 15.08µg (14.36%), Potassium: 500.54mg (14.3%), Selenium: 9.43µg (13.47%), Vitamin B1: 0.19mg (12.65%), Vitamin E:

1.82mg (12.11%), Vitamin B3: 2.13mg (10.64%), Vitamin B2: 0.17mg (10.01%), Folate: 32.7µg (8.17%), Calcium: 65.79mg (6.58%), Vitamin B5: 0.39mg (3.88%), Vitamin B12: 0.23µg (3.78%), Vitamin B6: 0.05mg (2.32%)