



Saltine Toffee Cookies

READY IN



45 min.

SERVINGS



1

CALORIES



5587 kcal

DESSERT

Ingredients

- 1 cup butter
- 1 cup t brown sugar dark
- 0.8 cup pecans chopped
- 4 ounces saltines
- 2 cups semi chocolate chips

Equipment

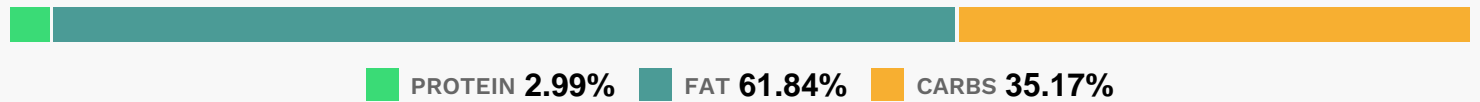
- baking sheet
- sauce pan

oven

Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Line cookie sheet with saltine crackers in single layer.
- In a saucepan combine the sugar and the butter. Bring to a boil and boil for 3 minutes. Immediately pour over saltines and spread to cover crackers completely.
- Bake at 400 degrees F (205 degrees C) for 5 to 6 minutes.
- Remove from oven and sprinkle chocolate chips over the top.
- Let sit for 5 minutes.
- Spread melted chocolate and top with chopped nuts. Cool completely and break into pieces.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:63.734782503999%

Flavonoids

Cyanidin: 8.78mg, Cyanidin: 8.78mg, Cyanidin: 8.78mg, Cyanidin: 8.78mg Delphinidin: 5.95mg, Delphinidin: 5.95mg, Delphinidin: 5.95mg, Delphinidin: 5.95mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epigallocatechin: 4.6mg, Epigallocatechin: 4.6mg, Epigallocatechin: 4.6mg, Epigallocatechin: 4.6mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 1.88mg, Epigallocatechin 3-gallate: 1.88mg, Epigallocatechin 3-gallate: 1.88mg, Epigallocatechin 3-gallate: 1.88mg

Nutrients (% of daily need)

Calories: 5586.89kcal (279.34%), Fat: 390.67g (601.03%), Saturated Fat: 202.91g (1268.21%), Carbohydrates: 499.95g (166.65%), Net Carbohydrates: 460.12g (167.32%), Sugar: 350.4g (389.33%), Cholesterol: 509.65mg (169.88%), Sodium: 2624.29mg (114.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 309.6mg (103.2%), Protein: 42.45g (84.9%), Manganese: 9.54mg (476.99%), Copper: 5.73mg (286.74%), Magnesium: 782.94mg (195.73%), Iron: 32.74mg (181.91%), Fiber: 39.82g (159.29%), Phosphorus: 1341.39mg (134.14%), Vitamin A: 5899.64IU (117.99%), Vitamin B1: 1.46mg (97.48%), Zinc: 14.3mg (95.31%), Potassium: 2895.82mg (82.74%), Selenium: 49.94µg (71.34%), Vitamin K: 73.47µg (69.98%), Vitamin E: 9.84mg (65.59%), Vitamin B3: 11.61mg (58.07%), Calcium: 539.05mg (53.91%), Vitamin B2: 0.91mg (53.65%), Folate: 178.95µg (44.74%), Vitamin B5: 2.86mg (28.64%), Vitamin B6: 0.49mg (24.43%), Vitamin B12: 1.14µg (18.93%), Vitamin C: 0.9mg (1.09%)