



Salty Chocolate-Pecan Candy

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 12 oz chocolate baking bars white
- ☐ 1 teaspoon sea salt
- ☐ 12 oz bars bittersweet chocolate baking bars
- ☐ 1 cup pecans coarsely chopped

Equipment

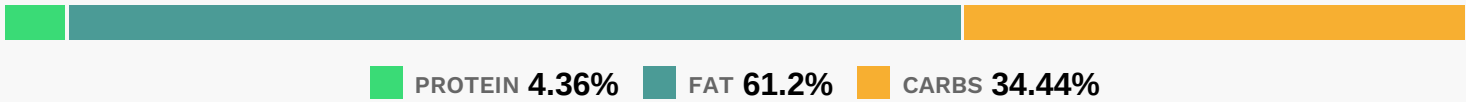
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ wire rack

Directions

- ☐ Place pecans in a single layer on a baking sheet.
- ☐ Bake at 350 for 8 to 10 minutes or until toasted.
- ☐ Line a 17- x 12-inch jelly-roll pan with parchment paper. Break each chocolate bar into 8 equal pieces. (You will have 48 pieces total.) Arrange in a checkerboard pattern in jelly-roll pan, alternating white and dark chocolate. (Pieces will touch.)
- ☐ Bake at 225 for 5 minutes or just until chocolate is melted.
- ☐ Remove pan to a wire rack. Swirl chocolates into a marble pattern using a wooden pick.
- ☐ Sprinkle evenly with toasted pecans and salt.
- ☐ Chill 1 hour or until firm. Break into pieces. Store in an airtight container in refrigerator up to 1 month.
- ☐ *3/4 tsp. kosher salt may be substituted.
- ☐ Note: For testing purposes only, we used Ghirardelli 60% Cacao Bittersweet Chocolate Baking Bars and Ghirardelli White Chocolate Baking Bars.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:14.09, Inflammation Score:-3, Nutrition Score:9.3517391539138%

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: 448.75kcal (22.44%), Fat: 31.08g (47.82%), Saturated Fat: 14.71g (91.92%), Carbohydrates: 39.35g (13.12%), Net Carbohydrates: 35.61g (12.95%), Sugar: 32.95g (36.61%), Cholesterol: 9.19mg (3.06%), Sodium: 266.57mg (11.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.26mg (9.75%), Protein: 4.99g (9.97%), Manganese: 0.9mg (44.98%), Copper: 0.56mg (28.2%), Magnesium: 75.94mg (18.99%), Phosphorus: 175.75mg (17.57%), Fiber: 3.74g (14.96%), Iron: 2.48mg (13.8%), Zinc: 1.6mg (10.68%), Calcium: 95.86mg (9.59%), Potassium: 330.82mg (9.45%), Vitamin B2: 0.13mg (7.38%), Selenium: 4.77µg (6.81%), Vitamin B1: 0.1mg (6.51%), Vitamin K: 5.89µg (5.61%), Vitamin E: 0.67mg (4.44%), Vitamin B12: 0.25µg (4.2%), Vitamin B5: 0.39mg (3.94%), Vitamin B3: 0.65mg (3.27%), Vitamin B6: 0.05mg (2.57%), Folate: 4.56µg (1.14%)