



Soda Cracker Candy

READY IN



20 min.

SERVINGS



8

CALORIES



1309 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups almonds chopped
- 1.5 cups brown sugar packed
- 1.5 cups butter
- 10 ounce saltines
- 24 ounce semi chocolate chips

Equipment

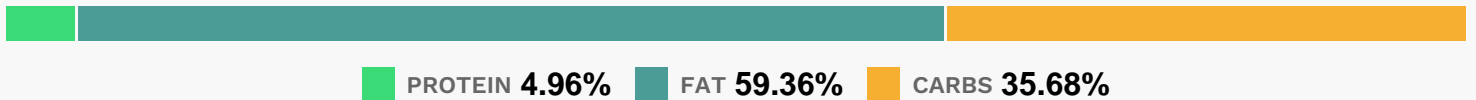
- frying pan
- baking sheet

- sauce pan
- oven
- wooden spoon
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a 10x15 inch cookie sheet with aluminum foil.
- Place crackers in a single layer over prepared cookie sheet. Use more or fewer crackers as needed to cover the bottom of your pan.
- In a small saucepan over low heat combine butter and brown sugar; bring to a boil. Boil for 3 minutes; pour over crackers.
- Bake in preheated oven for 5 minutes.
- Sprinkle chocolate chips evenly over the top.
- Sprinkle almonds over chocolate chips; using the back of a wooden spoon, press nuts into chocolate.
- Chill in refrigerator for at least 3 hours, or until set. Break into pieces and store, sealed, in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.34, Inflammation Score:-9, Nutrition Score:30.436522235041%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1309.47kcal (65.47%), Fat: 88g (135.39%), Saturated Fat: 42.56g (265.98%), Carbohydrates: 119.02g (39.67%), Net Carbohydrates: 106.75g (38.82%), Sugar: 73.27g (81.41%), Cholesterol: 96.61mg (32.2%), Sodium: 627.55mg (27.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 73.14mg (24.38%), Protein: 16.55g (33.1%), Manganese: 2.27mg (113.36%), Copper: 1.5mg (74.91%), Vitamin E: 11.05mg (73.66%), Magnesium: 258.92mg (64.73%), Iron: 8.98mg (49.87%), Fiber: 12.26g (49.06%), Phosphorus: 441.09mg (44.11%), Vitamin B2: 0.64mg (37.43%), Potassium: 863.21mg (24.66%), Zinc: 3.66mg (24.43%), Vitamin B1: 0.35mg (23.43%), Vitamin A: 1106.87IU (22.14%), Vitamin B3: 4.35mg (21.76%), Calcium: 200.08mg (20.01%), Selenium: 13.18µg (18.83%), Vitamin K: 18.1µg (17.24%), Folate: 64.9µg (16.23%), Vitamin B5: 0.69mg (6.92%), Vitamin B6: 0.13mg (6.33%), Vitamin B12: 0.26µg (4.29%)