



Soda Cracker Chocolate Candy

 Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



60

CALORIES



86 kcal

BEVERAGE

DRINK

Ingredients

- 35 seltzer water
- 1 cup butter cubed
- 1 cup brown sugar packed
- 1.5 cups semi chocolate chips
- 1.5 cups walnut pieces coarsely chopped

Equipment

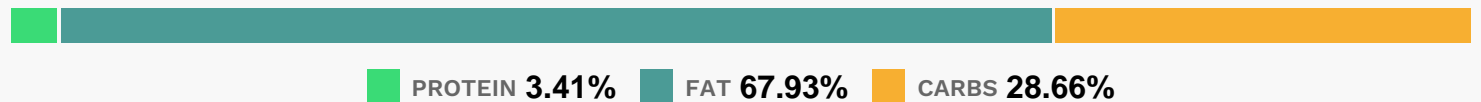
- sauce pan
- oven

- baking pan
- aluminum foil
- spatula

Directions

- Line a 15x10x1-in. baking pan with foil and coat with cooking spray.
- Place crackers in rows on foil. In a saucepan, melt butter; add the brown sugar and bring to a boil. Boil for 3 minutes.
- Pour over crackers and spread until completely covered.
- Bake at 350° for 5 minutes (crackers will float).
- Remove from the oven. Turn oven off.
- Sprinkle chocolate chips and walnuts over crackers. Return to the oven until chocolate is melted, about 3–5 minutes.
- Remove from the oven; using a greased spatula, press walnuts into chocolate.
- Cut into 1 in. squares while warm. Cool completely; remove candy from foil.

Nutrition Facts



Properties

Glycemic Index:1.17, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.5321739084371%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 86.24kcal (4.31%), Fat: 6.7g (10.31%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 5.8g (2.11%), Sugar: 5.29g (5.87%), Cholesterol: 8.4mg (2.8%), Sodium: 25.98mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.87mg (1.29%), Protein: 0.76g (1.51%), Manganese: 0.16mg (8.09%), Copper: 0.1mg (5.22%), Magnesium: 12.95mg (3.24%), Phosphorus: 22.88mg (2.29%), Fiber: 0.56g (2.22%), Iron: 0.4mg (2.2%), Vitamin A: 97.38IU (1.95%), Zinc: 0.21mg (1.43%), Potassium: 44.21mg (1.26%)