



Topsy Turtle Bark

READY IN



45 min.

SERVINGS



4

CALORIES



1240 kcal

DESSERT

Ingredients

- ☐ 1 cup caramel candies such as kraft, unwrapped (24)
- ☐ 1.5 teaspoons heavy cream
- ☐ 2 cups pecan halves
- ☐ 1 tablespoon rum (see tip, below)
- ☐ 0.3 teaspoon salt
- ☐ 1 pound bittersweet chocolate finely chopped

Equipment

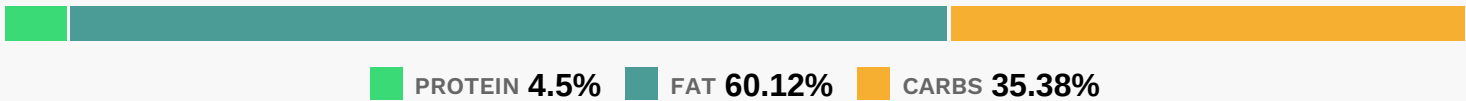
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F.
- ☐ Spread pecans on large shallow baking sheet and toast until golden brown, about 10 minutes.
- ☐ Transfer to plate and let cool. Line baking sheet with parchment or wax paper.
- ☐ In small bowl, combine caramels, liquor, cream, and salt. Microwave uncovered at medium power for 2 minutes. Stir with fork. Microwave at medium power for 1 additional minute. Stir until smooth and set aside.
- ☐ In medium bowl set over saucepan of simmering water, melt half chocolate, stirring occasionally.
- ☐ Remove from heat, add remaining chocolate, and stir until smooth.
- ☐ Pour half melted chocolate into small bowl and reserve.
- ☐ Stir 1 cup nuts into remaining chocolate.
- ☐ Transfer mixture to baking sheet, spreading to 1/4- to 1/2-inch thickness. Spoon caramel over and pat on remaining pecans.
- ☐ Drizzle with reserved chocolate.
- ☐ Let cool at room temperature until set, about 2 hours. Do not chill.
- ☐ Chop finished bark into irregular 1 1/2-inch chunks.
- ☐ Store airtight at room temperature up to one month.
- ☐ If omitting the alcohol, add an extra tablespoon of heavy cream.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:29.82, Inflammation Score:-8, Nutrition Score:27.35913025361%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg

Nutrients (% of daily need)

Calories: 1239.6kcal (61.98%), Fat: 84.55g (130.08%), Saturated Fat: 29.94g (187.12%), Carbohydrates: 111.92g (37.31%), Net Carbohydrates: 98.1g (35.67%), Sugar: 82.39g (91.54%), Cholesterol: 13.06mg (4.35%), Sodium: 302.14mg (13.14%), Alcohol: 1.25g (100%), Alcohol %: 0.7% (100%), Caffeine: 97.52mg (32.51%), Protein: 14.25g (28.51%), Manganese: 3.74mg (186.88%), Copper: 2.02mg (101.05%), Magnesium: 269.67mg (67.42%), Fiber: 13.82g (55.3%), Phosphorus: 500.62mg (50.06%), Iron: 8.51mg (47.26%), Zinc: 5.51mg (36.76%), Vitamin B1: 0.42mg (28.3%), Potassium: 974.38mg (27.84%), Calcium: 187.91mg (18.79%), Selenium: 12.53µg (17.9%), Vitamin B2: 0.28mg (16.18%), Vitamin B5: 1.14mg (11.39%), Vitamin E: 1.65mg (11.01%), Vitamin K: 11.02µg (10.5%), Vitamin B6: 0.18mg (8.82%), Vitamin B3: 1.62mg (8.09%), Vitamin B12: 0.38µg (6.41%), Folate: 13.33µg (3.33%), Vitamin A: 136.82IU (2.74%)