



Toffee

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



1099 kcal

SIDE DISH

Ingredients

- ☐ 1 cup butter
- ☐ 12 ounces milk chocolate morsels
- ☐ 0.3 teaspoon salt
- ☐ 1 cup slivered almonds
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup ground walnuts finely
- ☐ 0.3 cup water

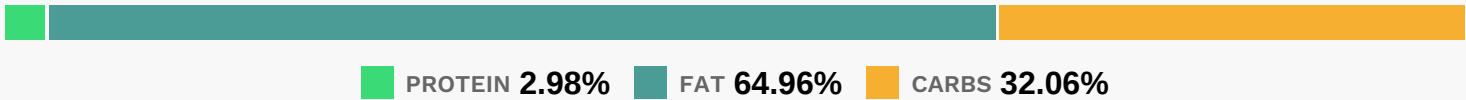
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Place almonds in a single layer on an aluminum foil-lined baking sheet coated with cooking spray.
- ☐ Cook butter and next 4 ingredients in a heavy saucepan over high heat, stirring mixture constantly, 15 to 18 minutes or until a candy thermometer registers 31
- ☐ Remove from heat, and immediately pour over almonds (do not scrape the pan).
- ☐ Sprinkle immediately with chocolate morsels, and spread evenly to 1/2 inch from sides.
- ☐ Sprinkle with ground walnuts, and let stand until firm. Break into small pieces, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:28.46, Inflammation Score:-7, Nutrition Score:14.297826222751%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1098.96kcal (54.95%), Fat: 82.42g (126.8%), Saturated Fat: 37.74g (235.89%), Carbohydrates: 91.53g (30.51%), Net Carbohydrates: 87.26g (31.73%), Sugar: 80.43g (89.36%), Cholesterol: 97.61mg (32.54%), Sodium: 410.1mg (17.83%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 8.52g (17.04%), Manganese: 1.3mg (64.76%), Vitamin E: 6.75mg (44.98%), Copper: 0.6mg (30.01%), Magnesium: 96.41mg (24.1%), Vitamin A: 1139.44IU (22.79%), Phosphorus: 195.78mg (19.58%), Vitamin B2: 0.3mg (17.93%), Fiber: 4.27g (17.07%), Calcium: 141.52mg (14.15%), Potassium: 468.23mg (13.38%), Zinc: 1.44mg (9.63%), Folate: 33.8µg (8.45%), Vitamin B1: 0.13mg (8.43%), Iron: 1.51mg (8.4%), Vitamin B6: 0.16mg (7.84%), Vitamin B3: 1.06mg (5.32%), Selenium: 2.73µg (3.89%), Vitamin K: 3.81µg (3.63%), Vitamin B5: 0.28mg (2.85%), Vitamin B12: 0.08µg (1.29%)