

Toffee Fondue

READY IN



5 min.

SERVINGS



6

CALORIES



1442 kcal

SIDE DISH

Ingredients

- 2 cups firmly brown sugar light packed
- 0.8 cup butter cut into pieces
- 1.3 cups plus light
- 1 slices pears
- 6 servings pretzel rods
- 6 servings try build-a-meal
- 6 servings shortbread sticks
- 28 ounce condensed milk sweetened canned
- 0.8 cup almond toffee bits

2 teaspoons vanilla extract

3 tablespoons water

Equipment

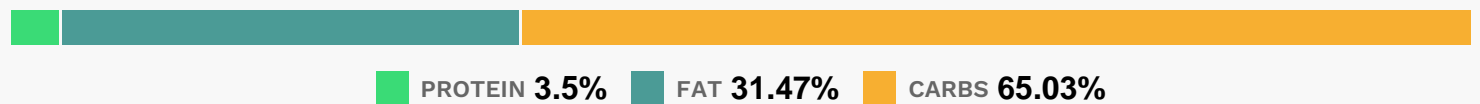
slow cooker

Directions

Combine first 5 ingredients in a 4-quart slow cooker. Cover and cook on LOW 3 hours, stirring occasionally, until fondue is smooth. Stir in toffee bits and vanilla.

Serve with pear slices, pretzel rods, and shortbread sticks.

Nutrition Facts



Properties

Glycemic Index:60.79, Glycemic Load:76.91, Inflammation Score:-7, Nutrition Score:15.680000004561%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 1441.59kcal (72.08%), Fat: 51.78g (79.65%), Saturated Fat: 30.21g (188.81%), Carbohydrates: 240.7g (80.23%), Net Carbohydrates: 239.35g (87.04%), Sugar: 224.97g (249.97%), Cholesterol: 136.74mg (45.58%), Sodium: 566.95mg (24.65%), Alcohol: 0.46g (100%), Alcohol %: 0.15% (100%), Protein: 12.94g (25.88%), Calcium: 469.63mg (46.96%), Vitamin B2: 0.68mg (40.1%), Phosphorus: 382.88mg (38.29%), Selenium: 23.79µg (33.99%), Vitamin A: 1433.04IU (28.66%), Potassium: 674.17mg (19.26%), Vitamin B1: 0.27mg (18.25%), Manganese: 0.27mg (13.29%), Magnesium: 52.02mg (13%), Vitamin B5: 1.27mg (12.75%), Vitamin E: 1.88mg (12.52%), Zinc: 1.87mg (12.46%), Vitamin B12: 0.66µg (11.05%), Folate: 43µg (10.75%), Iron: 1.77mg (9.86%), Vitamin K: 7.8µg (7.43%), Vitamin B3: 1.45mg (7.24%), Vitamin B6: 0.13mg (6.64%), Copper: 0.11mg (5.51%), Vitamin C: 4.52mg (5.48%), Fiber: 1.35g (5.39%), Vitamin D: 0.26µg (1.76%)