



Toffee popcorn bark



Gluten Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



304 kcal

DESSERT

Ingredients

- ☐ 200 g chocolate
- ☐ 200 g chocolate white
- ☐ 60 g toffee popcorn

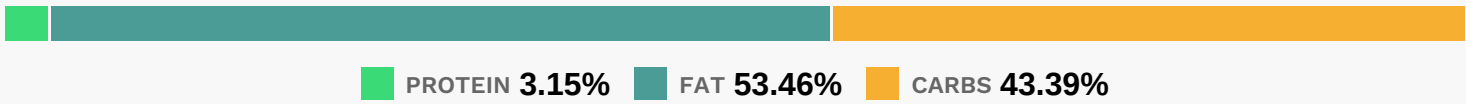
Equipment

- ☐ baking pan

Directions

- ☐
- Line a 20 x 30cm baking tray with baking parchment. Melt the milk chocolate and white chocolate separately, then allow to cool slightly.
- ☐
- Pour most of the chocolate onto the tray, roughly swirling together.
- ☐
- Sprinkle over the toffee popcorn, then drizzle over the remaining milk and white chocolate, and chill until set. Break into big chunks before serving.

Nutrition Facts



Properties

Glycemic Index:20.45, Glycemic Load:18.65, Inflammation Score:-1, Nutrition Score:3.592608684431%

Nutrients (% of daily need)

Calories: 303.5kcal (15.18%), Fat: 19.03g (29.28%), Saturated Fat: 11.41g (71.33%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 33.33g (12.12%), Sugar: 32.38g (35.98%), Cholesterol: 13.05mg (4.35%), Sodium: 36.63mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.5mg (5.5%), Protein: 2.52g (5.05%), Phosphorus: 83.15mg (8.31%), Vitamin B2: 0.14mg (7.98%), Copper: 0.16mg (7.94%), Magnesium: 31.55mg (7.89%), Manganese: 0.13mg (6.28%), Calcium: 58.3mg (5.83%), Fiber: 1.42g (5.7%), Potassium: 147.82mg (4.22%), Iron: 0.75mg (4.18%), Vitamin K: 4.06µg (3.87%), Zinc: 0.57mg (3.79%), Selenium: 1.88µg (2.69%), Vitamin E: 0.38mg (2.5%), Vitamin B12: 0.15µg (2.47%), Vitamin A: 93.9IU (1.88%), Vitamin B5: 0.18mg (1.8%), Vitamin B3: 0.36mg (1.78%), Vitamin B1: 0.02mg (1.42%), Vitamin B6: 0.03mg (1.27%)