



Triple-Nut Toffee

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



36

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup slivered almonds
- ☐ 0.3 cup cashew pieces
- ☐ 0.5 brown sugar packed
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup butter
- ☐ 0.3 cup water
- ☐ 0.5 cup semi chocolate chips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ spatula
- ☐ candy thermometer

Directions

- ☐ Heat oven to 350°F. Line 15x10x1-inch pan with foil.
- ☐ Spread nuts in pan.
- ☐ Bake uncovered 6 to 10 minutes, stirring occasionally, until light brown.
- ☐ Pour into small bowl; set aside. Set aside pan with foil to use in step
- ☐ Meanwhile, in heavy 2-quart saucepan, cook sugars, butter and water over medium-high heat 4 to 6 minutes, stirring constantly with wooden spoon, until mixture comes to a full boil. Boil 20 to 25 minutes, stirring frequently, until candy thermometer reaches 300°F or small amount of mixture dropped into ice water forms a hard brittle strand.
- ☐ Stir in 1/2 cup of the nuts; immediately pour toffee into same foil-lined pan. Quickly spread mixture to 1/4-inch thickness with rubber spatula.
- ☐ Sprinkle with chocolate chips; let stand about 1 minute or until chips are completely softened.
- ☐ Spread softened chocolate evenly over toffee.
- ☐ Sprinkle with remaining nuts.
- ☐ Refrigerate about 30 minutes or until chocolate is firm. Break into pieces. Store in tightly covered container.

Nutrition Facts



 **PROTEIN 3.16%**  **FAT 75.8%**  **CARBS 21.04%**

Properties

Glycemic Index:3.2, Glycemic Load:2.03, Inflammation Score:-2, Nutrition Score:1.5239130495035%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 89.93kcal (4.5%), Fat: 7.79g (11.99%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.86g (4.29%), Cholesterol: 0.15mg (0.05%), Sodium: 59.98mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Manganese: 0.12mg (6.06%), Vitamin A: 227.37IU (4.55%), Copper: 0.08mg (4.01%), Vitamin E: 0.49mg (3.27%), Magnesium: 12.02mg (3%), Phosphorus: 22.64mg (2.26%), Fiber: 0.46g (1.85%), Iron: 0.3mg (1.68%), Zinc: 0.21mg (1.42%), Potassium: 36.25mg (1.04%), Vitamin B2: 0.02mg (1.03%), Vitamin B1: 0.02mg (1.01%)