AMERICAN · DESSERT · SNACK

Keto English Toffee with Chocolate and Pecans

15 min · plus 1–2 hours chilling | Makes 20 × 1 piece | 130 kcal a portion | Video 4:13 · KetoFocus

Vegetarian | Gluten-free ingredients

Made with brown sugar-free sweetener and sugar-free chocolate instead of sugar: about 2 g net carbs and almost no sugar in each piece.

Diet notes: Keto (2.2 g net carbs a serve).

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Ingredients 9 · MAKES 20 × 1 PIECE

- [ ] 1 cup **unsalted butter**
- [ ] 1 cup **packed brown sugar-free sweetener** (Swerve Brown)
- [ ] 2 tbsp **water** (cooks off)
- [ ] ½ tsp **salt**
- [ ] 1 tsp **vanilla extract**
- [ ] a little **oil spray**, for the pan
- [ ] 7 oz **sugar-free chocolate chips**
- [ ] 1 tbsp **flaky sea salt**, for the top
- [ ] ⅓ cup **crushed pecans**, for the top

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the butter, brown sugar-free sweetener, water and ½ tsp salt in a saucepan over medium heat and bring to a boil. 0:25
2. Keep cooking, stirring often, until it reaches 300°F on a candy thermometer. The cold-water test doesn't work with sugar-free sweetener, so use a thermometer. 0:53
3. Take it off the heat and work fast: stir in the vanilla, pour into a quarter sheet pan or square dish sprayed with oil and lined with baking paper, and spread evenly. 2:44
4. Leave it a few minutes until the toffee turns opaque, then scatter the chocolate chips over it and cover with foil for 4–5 minutes to melt them (or broil 30–60 seconds). 3:04
5. Spread the melted chocolate over the toffee and top with flaky salt and crushed pecans. 3:42
6. Refrigerate for 1–2 hours until set, then break into about 20 pieces. 3:53

> **Tip** Use brown sugar-free sweetener for the classic toffee colour; the cook found plain granulated sweetener tasted good but stayed pale. It keeps a long time in a sealed container.

The method is a summary in our words — the video shows every step.

One portion (1 piece) gives you 1 OF 20 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
130 kcal	1 g	5.9 g	3.7 g	13 g	180 mg
540 kJ	2% of a day	2.2 g net · 0.1 g sugars	13% of a day	7.7 g saturated	8% of a day
		2% of a day		17% of a day	

Energy from net carbs 7% · protein 3% · fat 90% — fits keto: 2.2 g net carbs, 90% of the energy from fat

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=HIx4vq2Cyqc, published 3 December 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-english-toffee-chocolate-pecans