



Almond-Toffee Cookies



Vegetarian



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



5971 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar dark packed
- ☐ 0.8 cup butter softened
- ☐ 8.4 oz chocolate-covered toffee candy bars chopped
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 teaspoon salt

- ☐ 1.5 cups slivered almonds toasted
- ☐ 1.5 teaspoons vanilla extract

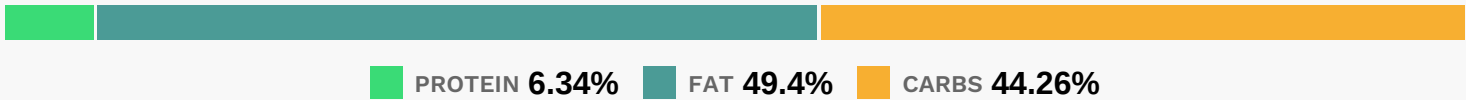
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Beat butter and sugars at medium speed with a heavy-duty electric stand mixer until creamy.
- ☐ Add eggs and 1 1/2 tsp. vanilla, beating until blended.
- ☐ Combine flour, baking soda, and salt in a small bowl; gradually add to butter mixture, beating just until blended. Beat in chopped toffee candy bars and slivered almonds just until combined. Drop by tablespoonfuls onto parchment paper-lined baking sheets.
- ☐ Bake at 350 for 10 to 14 minutes or until desired degree of doneness.
- ☐ Remove to wire racks, and cool completely (about 15 minutes).

Nutrition Facts



Properties

Glycemic Index:228.09, Glycemic Load:280.68, Inflammation Score:-10, Nutrition Score:75.785217368084%

Flavonoids

Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 4.2mg, Epigallocatechin: 4.2mg, Epigallocatechin: 4.2mg, Epigallocatechin: 4.2mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg

Isorhamnetin: 4.28mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg
Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 5971.26kcal (298.56%), Fat: 333.18g (512.58%), Saturated Fat: 155.55g (972.18%), Carbohydrates: 671.76g (223.92%), Net Carbohydrates: 617.96g (224.71%), Sugar: 375.92g (417.68%), Cholesterol: 745.18mg (248.39%), Sodium: 4178.33mg (181.67%), Alcohol: 2.06g (100%), Alcohol %: 0.2% (100%), Caffeine: 190.51mg (63.5%), Protein: 96.2g (192.39%), Manganese: 10.42mg (520.83%), Copper: 6.44mg (322.24%), Vitamin E: 48.05mg (320.3%), Iron: 50.45mg (280.28%), Magnesium: 1073.24mg (268.31%), Vitamin B2: 3.97mg (233.59%), Selenium: 153.47µg (219.25%), Fiber: 53.8g (215.2%), Phosphorus: 2062.25mg (206.22%), Vitamin B1: 2.67mg (178%), Folate: 639.72µg (159.93%), Vitamin B3: 25.33mg (126.66%), Zinc: 16.42mg (109.5%), Potassium: 3601.62mg (102.9%), Vitamin A: 4889.04IU (97.78%), Calcium: 888.86mg (88.89%), Vitamin B5: 4.93mg (49.27%), Vitamin B6: 0.68mg (34.02%), Vitamin B12: 1.85µg (30.77%), Vitamin K: 30.45µg (29%), Vitamin D: 2µg (13.33%)