



## Almond Toffee Squares

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup firmly brown sugar packed
- 1 cup butter softened (2 sticks)
- 1 eggs
- 0.5 cup baker's angel flake coconut lightly toasted
- 2 cups flour
- 8 oz baker's german's chocolate sweet
- 0.3 tsp salt
- 0.5 cup planters slivered almonds toasted

1 tsp vanilla

## Equipment

bowl

oven

baking pan

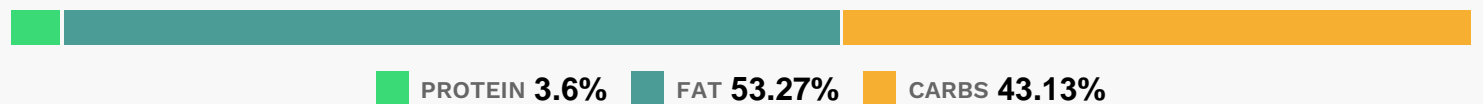
hand mixer

aluminum foil

## Directions

- Preheat oven to 350F. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Blend in egg and vanilla.
- Add flour and salt; mix well. Press firmly onto bottom of greased 13x9-inch baking pan.
- Bake 30 min. or until edges are golden brown.
- Remove from oven. Immediately sprinkle with chocolate. Cover with aluminum foil; let stand 5 min. or until chocolate is softened.
- Spread chocolate evenly over crust; sprinkle with coconut and almonds. Cool slightly.
- Cut into 32 squares. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:1.7, Glycemic Load:2.77, Inflammation Score:-2, Nutrition Score:1.6078260849513%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

## Nutrients (% of daily need)

Calories: 106.64kcal (5.33%), Fat: 6.32g (9.73%), Saturated Fat: 2.13g (13.28%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 11.11g (4.04%), Sugar: 6.66g (7.4%), Cholesterol: 3.27mg (1.09%), Sodium: 57.35mg (2.49%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 0.96g (1.92%), Manganese: 0.09mg (4.27%), Iron: 0.7mg (3.88%), Vitamin A: 167.16IU (3.34%), Selenium: 2.22µg (3.17%), Vitamin E: 0.43mg (2.89%), Vitamin B1: 0.04mg (2.85%), Vitamin B2: 0.04mg (2.57%), Folate: 10.2µg (2.55%), Vitamin B3: 0.35mg (1.73%), Fiber: 0.41g (1.63%), Phosphorus: 15.31mg (1.53%), Copper: 0.03mg (1.39%), Magnesium: 5.43mg (1.36%)