

Chewy Toffee Bars

READY IN



85 min.

SERVINGS



10

CALORIES



600 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 large eggs
- 2 cups flour all-purpose
- 2.3 cups brown sugar light
- 0.8 cup pecans chopped
- 1 pinch salt
- 1 cup toffee chips
- 12 tablespoons butter unsalted
- 2 teaspoons vanilla extract pure

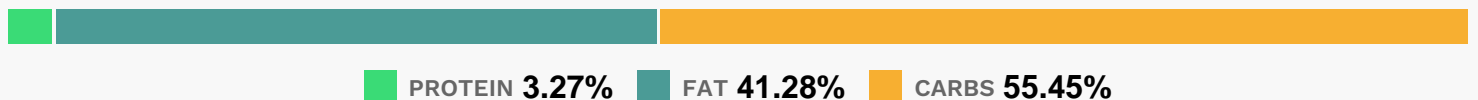
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- toothpicks

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Adjust the racks to the center of the oven. Spray an 8-by-8-inch baking pan with nonstick spray.
- Melt the butter in a medium saucepan and stir in the brown sugar until melted together.
- Let cool for 5 minutes.
- While the mixture is cooling, whisk together the flour, baking powder and salt in a medium bowl.
- Toast the pecans in medium skillet over medium heat.
- Remove to a plate once toasted.
- Stir in the eggs, one at a time, and vanilla extract into the cooled sugar and butter mixture.
- Add the dry ingredients into the saucepan until combined. Fold in the toffee and chopped pecans; the batter will be very thick.
- Spread the mixture into the prepared pan.
- Bake until golden brown and a toothpick inserted into the center comes out clean, about 45 minutes. Cool for 15 minutes before slicing into squares.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:21.85, Inflammation Score:-5, Nutrition Score:8.3469565601453%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 600.38kcal (30.02%), Fat: 27.92g (42.95%), Saturated Fat: 14.31g (89.41%), Carbohydrates: 84.39g (28.13%), Net Carbohydrates: 83g (30.18%), Sugar: 63.54g (70.6%), Cholesterol: 97.93mg (32.64%), Sodium: 151.1mg (6.57%), Alcohol: 0.28g (100%), Alcohol %: 0.26% (100%), Protein: 4.98g (9.96%), Manganese: 0.54mg (27.11%), Selenium: 12.78µg (18.26%), Vitamin B1: 0.25mg (16.81%), Vitamin A: 750.54IU (15.01%), Folate: 53.56µg (13.39%), Vitamin B2: 0.2mg (11.85%), Calcium: 114.81mg (11.48%), Iron: 1.97mg (10.97%), Phosphorus: 98.53mg (9.85%), Vitamin B3: 1.64mg (8.21%), Copper: 0.16mg (7.98%), Vitamin E: 0.84mg (5.57%), Fiber: 1.39g (5.56%), Magnesium: 21.73mg (5.43%), Zinc: 0.7mg (4.66%), Vitamin B5: 0.44mg (4.43%), Potassium: 154.27mg (4.41%), Vitamin B6: 0.07mg (3.34%), Vitamin D: 0.45µg (3.01%), Vitamin B12: 0.14µg (2.39%), Vitamin K: 2.2µg (2.1%)