



Chewy Toffee Bars

READY IN



80 min.

SERVINGS



16

CALORIES



375 kcal

DESSERT

Ingredients

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

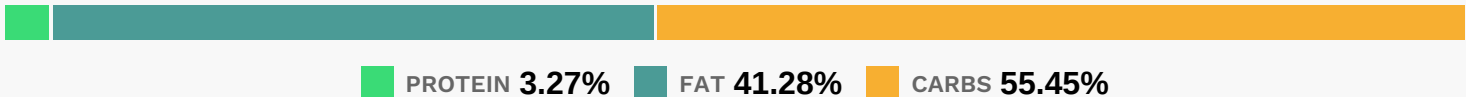
Equipment

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

Directions

- ☐ Preheat the oven to 350 degrees F. Spray an 8-inch-square baking dish with cooking spray and line the bottom and sides with parchment paper. Spray the parchment with cooking spray.
- ☐ Melt the butter in a medium saucepan over medium heat; add the brown sugar and stir until melted.
- ☐ Let cool 5 minutes. Meanwhile, whisk the flour, baking powder and salt in a medium bowl. Toast the pecans in a medium skillet over medium heat, 6 to 8 minutes; remove to a plate. Stir the eggs, one at a time, into the cooled butter-sugar mixture, then stir in the vanilla.
- ☐ Add the flour mixture and stir until combined. Fold in the toffee and toasted pecans (the batter will be very thick).
- ☐ Spread the batter in the prepared baking dish.
- ☐ Bake until golden brown and a toothpick inserted into the center comes out clean, about 45 minutes.
- ☐ Let cool 15 minutes, lift out of the pan and cut into pieces.
- ☐ Photograph by Paul Sirisalee

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:13.65, Inflammation Score:-4, Nutrition Score:5.2165217389879%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 375.24kcal (18.76%), Fat: 17.45g (26.84%), Saturated Fat: 8.94g (55.88%), Carbohydrates: 52.74g (17.58%), Net Carbohydrates: 51.87g (18.86%), Sugar: 39.71g (44.13%), Cholesterol: 61.2mg (20.4%), Sodium: 94.43mg (4.11%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 3.11g (6.22%), Manganese: 0.34mg (16.94%), Selenium: 7.99µg (11.41%), Vitamin B1: 0.16mg (10.5%), Vitamin A: 469.09IU (9.38%), Folate: 33.47µg (8.37%), Vitamin B2: 0.13mg (7.4%), Calcium: 71.75mg (7.18%), Iron: 1.23mg (6.85%), Phosphorus: 61.58mg (6.16%), Vitamin B3: 1.03mg (5.13%), Copper: 0.1mg (4.99%), Vitamin E: 0.52mg (3.48%), Fiber: 0.87g (3.47%), Magnesium: 13.58mg (3.4%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.28mg (2.77%), Potassium: 96.42mg (2.75%), Vitamin B6: 0.04mg (2.09%), Vitamin D: 0.28µg (1.88%), Vitamin B12: 0.09µg (1.5%), Vitamin K: 1.38µg (1.31%)