



Chocolate-Toffee Bars

READY IN



45 min.

SERVINGS



24

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 1.3 cups almond brickle chips (see Note)
- ☐ 0.5 cup butter melted
- ☐ 1.8 cups teddy chocolate graham cracker cookies crushed bear-shaped
- ☐ 1 cup pecans chopped
- ☐ 6 ounces semisweet chocolate morsels
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 8.4 ounce toffee candy bars english crushed
- ☐ 0.5 cup walnuts chopped

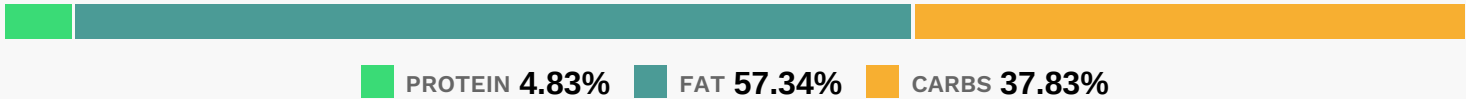
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Line a 13" x 9" pan with aluminum foil, allowing foil to extend over ends of pan.
- ☐ Pour melted butter into pan.
- ☐ Sprinkle chocolate crumbs in bottom of pan; press firmly, and bake at 325 for 5 minutes.
- ☐ Layer almond brickle chips and next 4 ingredients over crust in pan. Press layers down firmly.
- ☐ Pour condensed milk evenly over top.
- ☐ Bake at 325 for 30 minutes or until edges are lightly browned. Cool completely in pan. Lift foil out of pan.
- ☐ Cut into bars.
- ☐ Note: Find almond brickle chips next to chocolate morsels on the baking aisle.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:7.57, Inflammation Score:-3, Nutrition Score:4.7352173704168%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg 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: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 289.05kcal (14.45%), Fat: 18.91g (29.09%), Saturated Fat: 6.06g (37.86%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 26.11g (9.49%), Sugar: 19.47g (21.63%), Cholesterol: 8.33mg (2.78%), Sodium: 183.23mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 3.59g (7.17%), Manganese: 0.41mg (20.52%), Copper: 0.19mg (9.41%), Phosphorus: 91.86mg (9.19%), Fiber: 1.95g (7.81%), Magnesium: 28.48mg (7.12%), Calcium: 59.95mg (6%), Potassium: 185.88mg (5.31%), Vitamin B2: 0.09mg (5.14%), Selenium: 3.4µg (4.85%), Iron: 0.83mg (4.6%), Zinc: 0.67mg (4.43%), Vitamin A: 219.89IU (4.4%), Vitamin B1: 0.06mg (4.34%), Vitamin B6: 0.06mg (2.8%), Vitamin B5: 0.27mg (2.69%), Vitamin B3: 0.45mg (2.26%), Folate: 7.97µg (1.99%), Vitamin E: 0.3mg (1.97%), Vitamin C: 1.3mg (1.57%), Vitamin B12: 0.09µg (1.5%)