



Chocolate-Toffee Bars

READY IN



85 min.

SERVINGS



25

CALORIES



239 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar divided packed
- 1 cup butter divided softened (2 sticks)
- 0.5 cup plus light
- 1 egg yolk
- 1.5 cups flour
- 1 cup planters pecans toasted chopped
- 0.3 tsp salt
- 8 oz baker's semi-sweet chocolate chopped
- 1 tsp vanilla

- 0.3 cup whipping cream

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- hand mixer
- aluminum foil
- microwave

Directions

- Preheat oven to 350F. Line 13x9-inch baking pan with foil, with ends of foil extending over sides of pan. Lightly grease foil; set aside. Beat 3/4 cup each of the butter and brown sugar in large bowl with electric mixer on medium speed until light and fluffy. Blend in egg yolk.
- Add flour and salt; mix well.
- Place in prepared pan; press firmly onto bottom to form crust.
- Bake 16 to 18 min. or until golden brown.
- Meanwhile, place remaining 1/4 cup each butter and brown sugar, the corn syrup, whipping cream and vanilla in large microwaveable bowl. Microwave on HIGH 4 min., stirring every 2 min.; set aside. Cool crust slightly on wire rack.
- Spread butter mixture evenly over crust.
- Bake an additional 18 to 20 min. or until set.
- Sprinkle with chopped chocolate. Continue baking 1 to 2 min. or until chocolate is melted; spread chocolate evenly over dessert.
- Sprinkle with pecans. Cool completely. Refrigerate 30 min. or until chocolate is firm.
- Remove dessert from pan, using foil handles.
- Cut into 36 bars or diamond shapes. Store in tightly covered container at room temperature.

Nutrition Facts

PROTEIN 3.27% FAT 55.68% CARBS 41.05%

Properties

Glycemic Index:6.16, Glycemic Load:5.16, Inflammation Score:-3, Nutrition Score:4.1539130839317%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg 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: 238.69kcal (11.93%), Fat: 15.12g (23.25%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 23.73g (8.63%), Sugar: 17.4g (19.33%), Cholesterol: 30.53mg (10.18%), Sodium: 90.39mg (3.93%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Caffeine: 7.8mg (2.6%), Protein: 2g (4%), Manganese: 0.37mg (18.7%), Copper: 0.18mg (9.07%), Vitamin B1: 0.1mg (6.45%), Iron: 1.12mg (6.21%), Magnesium: 24.16mg (6.04%), Selenium: 4.19µg (5.98%), Vitamin A: 279.26IU (5.59%), Fiber: 1.35g (5.39%), Phosphorus: 50.49mg (5.05%), Folate: 16.19µg (4.05%), Zinc: 0.55mg (3.69%), Vitamin B2: 0.06mg (3.45%), Vitamin B3: 0.59mg (2.93%), Potassium: 94.59mg (2.7%), Vitamin E: 0.37mg (2.47%), Calcium: 22.7mg (2.27%), Vitamin K: 1.55µg (1.47%), Vitamin B5: 0.15mg (1.47%), Vitamin B6: 0.02mg (1.14%)