



## Chocolate Toffee Crunch Bars

READY IN



40 min.

SERVINGS



15

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter
- 2 cups graham cracker crumbs
- 1 cup semi chocolate chips
- 0.5 cup walnut pieces finely chopped

### Equipment

- bowl
- frying pan

sauce pan

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together graham cracker crumbs, 1/4 cup brown sugar, and 1/3 cup melted butter. Press into the bottom of an ungreased 9x13 inch pan.

Bake for 8 to 10 minutes in preheated oven. In a saucepan, combine 1/2 cup butter and 1/2 cup brown sugar. Cook over moderate heat, stirring constantly, until mixture comes to a boil; boil for 1 minute.

Pour immediately over baked cookie base.

Bake for 10 more minutes.

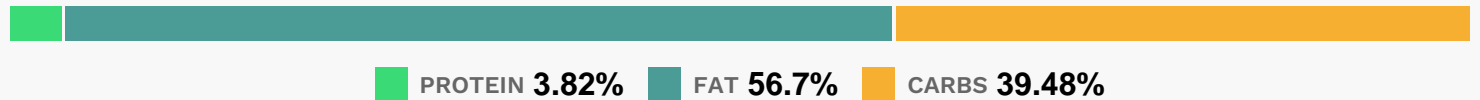
Remove from oven, and sprinkle with chocolate chips.

Let stand for 2 to 3 minutes, until chips are shiny and soft.

Spread the softened chocolate evenly over the top.

Sprinkle with chopped nuts. Cool before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:9.6, Glycemic Load:6.09, Inflammation Score:-3, Nutrition Score:3.8717391541147%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

## Nutrients (% of daily need)

Calories: 224.59kcal (11.23%), Fat: 14.4g (22.15%), Saturated Fat: 6.95g (43.42%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 20.96g (7.62%), Sugar: 14.2g (15.78%), Cholesterol: 16.99mg (5.66%), Sodium: 125.79mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.32mg (3.44%), Protein: 2.18g (4.37%), Manganese: 0.3mg (14.84%), Copper: 0.22mg (10.93%), Magnesium: 34.7mg (8.68%), Iron: 1.39mg (7.71%), Phosphorus: 69.43mg (6.94%), Fiber: 1.6g (6.41%), Zinc: 0.66mg (4.43%), Vitamin A: 195.87IU (3.92%), Potassium: 116.63mg (3.33%), Vitamin B3: 0.58mg (2.89%), Vitamin B1: 0.04mg (2.87%), Calcium: 28.01mg (2.8%), Vitamin B2: 0.04mg (2.42%), Folate: 9.27µg (2.32%), Vitamin B6: 0.04mg (1.97%), Selenium: 1.36µg (1.95%), Vitamin E: 0.27mg (1.82%), Vitamin K:

1.5µg (1.43%)