



Chocolate-Toffee Shortbread Fingers

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



220 kcal

DESSERT

Ingredients

- ☐ 35.2 ounces walkers butter shortbread fingers pure
- ☐ 0.8 cup heath bars coarsely chopped
- ☐ 0.5 cup pecans cooled toasted coarsely chopped
- ☐ 12 ounces semi chocolate chips
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ microwave

Directions

- ☐ Line a few baking sheets with parchment paper.
- ☐ Combine the nuts and toffee bits in a shallow bowl.
- ☐ Combine the chocolate and oil in a small microwave-safe bowl.
- ☐ Heat the chocolate in the microwave on high until melted, 30 seconds to 1 minute depending on the strength of your microwave. Stir until smooth. (Alternatively, place water to a depth of 1 inch in the bottom of a double boiler or a large saucepan and bring to a bare simmer.
- ☐ Place the chocolate chips and oil in the top of the double boiler or in a stainless steel bowl big enough to rest on top of the saucepan without touching the water.
- ☐ Heat, whisking occasionally, until the chocolate is melted.)
- ☐ Hold a cookie by one end and dip it into the chocolate, turning, to coat three quarters of the cookie; let the excess drip back into the bowl. Hold the cookie over the bowl of nuts and toffee bits and sprinkle some of the mixture onto the chocolate-coated top and sides of the cookie.
- ☐ Place the cookie on a prepared baking sheet. Repeat with the remaining cookies.
- ☐ Let the cookies rest until the chocolate is set, about 30 minutes.
- ☐ Chocolate-Toffee Shortbread Fingers will keep, between layers of parchment paper, in an airtight container at room temperature for up to 1 week
- ☐ To toast the pecans, place them in a single layer on an ungreased baking sheet and bake in a 350°F oven, shaking the pan occasionally, until fragrant, 5 to 10 minutes. Watch them closely to make sure they don't burn, and transfer the toasted nuts to a plate to let them cool.
- ☐ Excerpted from Cookie Swap! Copyright 2010 by Lauren Chattman

Nutrition Facts

 **PROTEIN 1.33%**  **FAT 87.5%**  **CARBS 11.17%**

Properties

Glycemic Index:2.31, Glycemic Load:1.23, Inflammation Score:-4, Nutrition Score:2.2182608714894%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 220.43kcal (11.02%), Fat: 21.81g (33.56%), Saturated Fat: 13.11g (81.97%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 5.6g (2.04%), Sugar: 5g (5.56%), Cholesterol: 48.97mg (16.32%), Sodium: 139.38mg (6.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 0.74g (1.49%), Vitamin A: 566.24IU (11.32%), Manganese: 0.14mg (7.02%), Copper: 0.1mg (5.05%), Vitamin E: 0.6mg (3.98%), Magnesium: 14.29mg (3.57%), Phosphorus: 27.46mg (2.75%), Fiber: 0.67g (2.66%), Iron: 0.48mg (2.66%), Vitamin K: 2.63µg (2.5%), Zinc: 0.26mg (1.72%), Potassium: 51.29mg (1.47%), Selenium: 0.87µg (1.25%), Calcium: 11.36mg (1.14%)