



Cinnamon Toffee Bars

READY IN



45 min.

SERVINGS



30

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 12 ounces semi chocolate chips

☐ 2 teaspoons vanilla extract

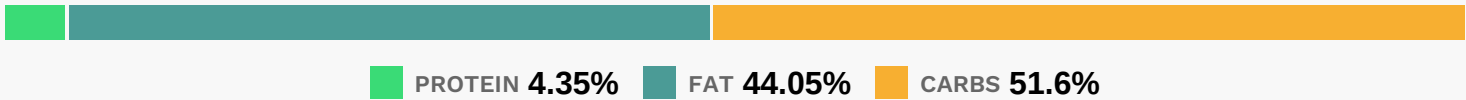
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Cook the butter and brown sugar over low heat, in a sauce pan, until it comes to a boil.
- ☐ Remove from heat and let cool.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 12x18 inch jelly roll pan.
- ☐ In a medium bowl, stir together the butter mixture, and the eggs and vanilla. Sift together the flour, baking powder, salt, and cinnamon; stir into the egg mixture until well blended. Then stir in pecans.
- ☐ Spread the batter onto the prepared jelly roll pan.
- ☐ Bake in the preheated oven for 25 minutes. Immediately sprinkle chocolate chips over the whole sheet.
- ☐ Let stand for 5 minutes, then spread chocolate evenly over the entire surface.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:7.73, Glycemic Load:4.69, Inflammation Score:-2, Nutrition Score:4.4704347921778%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-

gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg

Nutrients (% of daily need)

Calories: 209.23kcal (10.46%), Fat: 10.39g (15.98%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 25.86g (9.41%), Sugar: 18.6g (20.67%), Cholesterol: 19.73mg (6.58%), Sodium: 81.58mg (3.55%), Alcohol: 0.09g (100%), Alcohol %: 0.26% (100%), Caffeine: 9.75mg (3.25%), Protein: 2.31g (4.62%), Manganese: 0.39mg (19.66%), Copper: 0.21mg (10.33%), Iron: 1.39mg (7.71%), Selenium: 5.03µg (7.19%), Magnesium: 28.08mg (7.02%), Vitamin B1: 0.09mg (6.3%), Phosphorus: 61.75mg (6.18%), Fiber: 1.52g (6.07%), Folate: 17.69µg (4.42%), Calcium: 41.93mg (4.19%), Vitamin B2: 0.07mg (3.91%), Zinc: 0.57mg (3.8%), Vitamin B3: 0.65mg (3.26%), Potassium: 113.31mg (3.24%), Vitamin A: 118.29IU (2.37%), Vitamin B5: 0.17mg (1.71%), Vitamin E: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.32%), Vitamin K: 1.26µg (1.2%)