



Cleta Bailey's Toffee Squares

READY IN



25 min.

SERVINGS



24

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar packed
- 2 sticks butter
- 2 cups chocolate chips (milk Or Semi-sweet)
- 2 cups flour all-purpose
- 0.8 cups pecans finely chopped
- 2 teaspoons vanilla
- 1 eggs whole

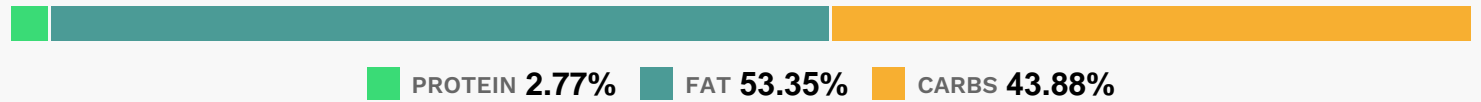
Equipment

- frying pan
- baking sheet
- oven
- offset spatula

Directions

- Preheat oven to 350 degrees. Cream butter and brown sugar until fluffy.
- Add egg, vanilla, and flour and mix until combined.
- Spread on cookie sheet with an offset spatula until thin.
- Bake for 15 minutes, or until golden.
- Remove pan from oven and sprinkle on chocolate chips. Return to oven for 1 minute.
- Remove from oven and spread chocolate thinly over the cookie layer.
- Sprinkle with chopped pecans.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:5.77, Inflammation Score:-2, Nutrition Score:2.9934782633639%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg 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: 242.39kcal (12.12%), Fat: 14.65g (22.54%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 26.51g (9.64%), Sugar: 17.68g (19.65%), Cholesterol: 27.07mg (9.02%), Sodium: 65.96mg (2.87%), Alcohol: 0.11g (100%), Alcohol %: 0.29% (100%), Protein: 1.71g (3.42%), Manganese: 0.23mg (11.57%),

Vitamin B1: 0.11mg (7.03%), Selenium: 4.43µg (6.33%), Folate: 21.05µg (5.26%), Vitamin A: 247.13IU (4.94%), Vitamin B2: 0.07mg (3.99%), Iron: 0.67mg (3.72%), Vitamin B3: 0.67mg (3.36%), Copper: 0.06mg (3.09%), Phosphorus: 26.96mg (2.7%), Calcium: 25.59mg (2.56%), Potassium: 85.44mg (2.44%), Fiber: 0.61g (2.43%), Vitamin E: 0.29mg (1.94%), Magnesium: 7.69mg (1.92%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.13mg (1.26%)