



Coffee Bars

READY IN



45 min.

SERVINGS



36

CALORIES



189 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.8 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 1 cup chocolate-covered coffee beans chopped
- ☐ 1 cup candy bars english coarsely chopped toffee-flavored
- ☐ 1 egg yolk
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon coffee granules instant
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon strong coffee decoction brewed
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 cup walnuts chopped

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat 3/4 cup butter at medium speed of an electric mixer until creamy; gradually add brown sugar, beating well.
- ☐ Add egg yolk, beating well.
- ☐ Add flour, coffee granules, and salt, stirring just until blended. Using greased fingers, press dough into bottom of a lightly greased 13" x 9" x 2" pan.
- ☐ Bake at 350 for 20 minutes. Set aside.
- ☐ Combine sweetened condensed milk and 2 tablespoons butter in a saucepan. Bring to a boil over medium heat; cook 5 minutes, stirring often.
- ☐ Remove from heat, and stir in Kahla.
- ☐ Pour mixture over prepared crust.
- ☐ Sprinkle with walnuts.
- ☐ Bake at 350 for 10 to 12 minutes or until golden.
- ☐ Remove from oven.
- ☐ Sprinkle with chopped coffee beans and toffee bars while still warm. Cool completely in pan on a wire rack. Cover and chill until firm.
- ☐ Let stand 5 minutes before cutting into bars.

Nutrition Facts



 PROTEIN **5.8%**  FAT **52.32%**  CARBS **41.88%**

Properties

Glycemic Index:4.97, Glycemic Load:6.97, Inflammation Score:-3, Nutrition Score:4.1008695260338%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 189.29kcal (9.46%), Fat: 11.18g (17.21%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 18.91g (6.87%), Sugar: 13.72g (15.24%), Cholesterol: 9.91mg (3.3%), Sodium: 85.99mg (3.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 48.03mg (16.01%), Protein: 2.79g (5.58%), Manganese: 0.27mg (13.7%), Copper: 0.18mg (8.8%), Phosphorus: 69.94mg (6.99%), Magnesium: 26.35mg (6.59%), Selenium: 4.37µg (6.25%), Iron: 1.12mg (6.2%), Vitamin B2: 0.1mg (5.76%), Calcium: 49.86mg (4.99%), Fiber: 1.24g (4.97%), Vitamin A: 236.18IU (4.72%), Vitamin B1: 0.07mg (4.39%), Folate: 14.91µg (3.73%), Potassium: 125.79mg (3.59%), Zinc: 0.48mg (3.18%), Vitamin B3: 0.49mg (2.46%), Vitamin E: 0.27mg (1.78%), Vitamin B5: 0.18mg (1.76%), Vitamin B6: 0.03mg (1.66%), Vitamin B12: 0.08µg (1.29%)