

Easy Toffee Bars

READY IN



20 min.

SERVINGS



24

CALORIES



234 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 1 cup butter
- 10 ounce saltines
- 12 ounce semi chocolate chips

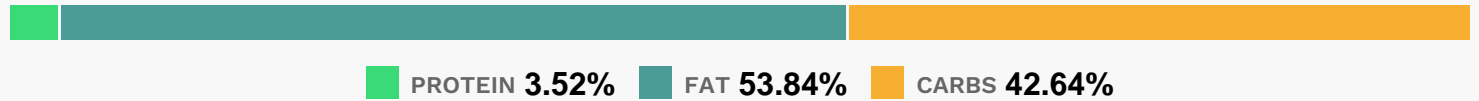
Equipment

- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a small saucepan over medium-high heat melt butter with brown sugar; bring to a boil and remove from heat.
- Arrange crackers (salt side up) on a jelly roll pan.
- Pour butter mixture over crackers.
- Bake in preheated oven for 5 minutes.
- Remove from oven and sprinkle chocolate chips over crackers.
- Bake for another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.2391304581062%

Nutrients (% of daily need)

Calories: 234.1kcal (11.7%), Fat: 14.12g (21.73%), Saturated Fat: 8.18g (51.12%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 23.7g (8.62%), Sugar: 14.25g (15.84%), Cholesterol: 21.19mg (7.06%), Sodium: 175.96mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 2.08g (4.15%), Manganese: 0.29mg (14.63%), Copper: 0.2mg (9.88%), Iron: 1.62mg (9%), Magnesium: 28.68mg (7.17%), Vitamin B1: 0.09mg (5.86%), Fiber: 1.46g (5.86%), Phosphorus: 51.54mg (5.15%), Vitamin A: 243.57IU (4.87%), Vitamin B3: 0.89mg (4.47%), Vitamin K: 4.68µg (4.46%), Folate: 16.2µg (4.05%), Vitamin B2: 0.07mg (3.98%), Selenium: 2.61µg (3.73%), Potassium: 112.79mg (3.22%), Zinc: 0.47mg (3.12%), Vitamin E: 0.44mg (2.93%), Calcium: 20.91mg (2.09%), Vitamin B5: 0.12mg (1.21%)