



Gluten-Free Holiday Toffee Bars

READY IN



75 min.

SERVINGS



32

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup brown sugar packed
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 egg yolk
- ☐ 2 cups pancake mix gluten free
- ☐ 1 cup milk chocolate chips
- ☐ 0.5 cup nuts chopped

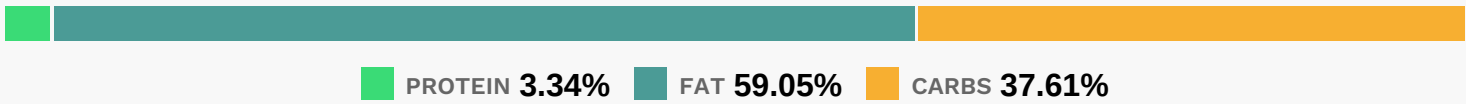
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In large bowl, mix butter, brown sugar, vanilla and egg yolk. Stir in Bisquick™ mix. Press in pan.
- ☐ Bake 20 to 25 minutes or until very light brown (crust will be soft). Immediately sprinkle chocolate chips on hot crust; let stand about 5 minutes or until chocolate is soft.
- ☐ Spread chocolate evenly; sprinkle with nuts. Cool 30 minutes in pan on cooling rack. For bars, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:2.49, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.5678260711872%

Nutrients (% of daily need)

Calories: 138.36kcal (6.92%), Fat: 9.29g (14.3%), Saturated Fat: 5.03g (31.41%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.96g (4.71%), Sugar: 9.91g (11.01%), Cholesterol: 27.1mg (9.03%), Sodium: 89.12mg (3.87%), Alcohol: 0.04g (100%), Alcohol %: 0.18% (100%), Protein: 1.18g (2.36%), Vitamin A: 206.03IU (4.12%), Phosphorus: 39.4mg (3.94%), Calcium: 31.21mg (3.12%), Manganese: 0.06mg (3%), Vitamin B2: 0.04mg (2.07%), Magnesium: 7.65mg (1.91%), Copper: 0.04mg (1.82%), Selenium: 1.26µg (1.81%), Potassium: 57.32mg (1.64%), Vitamin B1: 0.02mg (1.48%), Fiber: 0.36g (1.43%), Iron: 0.25mg (1.41%), Folate: 5.15µg (1.29%), Vitamin E: 0.18mg (1.19%), Zinc: 0.17mg (1.12%), Vitamin B3: 0.22mg (1.09%), Vitamin B5: 0.1mg (1.02%), Vitamin B6: 0.02mg (1.01%)