



Gluten-Free Holiday Toffee Bars

 Gluten Free

READY IN



75 min.

SERVINGS



32

CALORIES



121 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 egg yolk
- ☐ 1 cup milk chocolate chips
- ☐ 0.5 cup nuts chopped
- ☐ 1 teaspoon vanilla
- ☐ 2 cups frangelico gluten free
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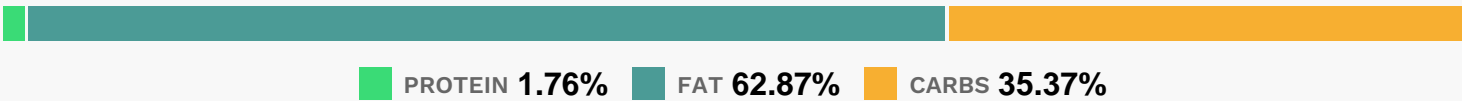
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:0.94695652284376%

Nutrients (% of daily need)

Calories: 120.65kcal (6.03%), Fat: 8.67g (13.33%), Saturated Fat: 4.86g (30.37%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.77g (3.92%), Sugar: 9.91g (11.01%), Cholesterol: 21.33mg (7.11%), Sodium: 48.09mg (2.09%), Alcohol: 0.04g (100%), Alcohol %: 0.24% (100%), Protein: 0.55g (1.09%), Vitamin A: 185.72IU (3.71%), Manganese: 0.05mg (2.43%), Copper: 0.03mg (1.63%), Magnesium: 5.87mg (1.47%), Phosphorus: 13.97mg (1.4%), Calcium: 13.74mg (1.37%), Vitamin E: 0.18mg (1.19%), Potassium: 41.15mg (1.18%)