



## Heavenly Cappuccino Praline Bars

READY IN



115 min.

SERVINGS



32

CALORIES



145 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 teaspoon espresso powder instant
- ☐ 2 teaspoons water hot
- ☐ 0.5 cup butter softened
- ☐ 0.8 cup sugar
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup toffee chips (not chocolate covered)
- ☐ 1 tablespoon espresso powder instant
- ☐ 1 tablespoon water hot
- ☐ 0.7 cup condensed milk sweetened (not evaporated)

- ☐ 1 cup sugar
- ☐ 3 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt

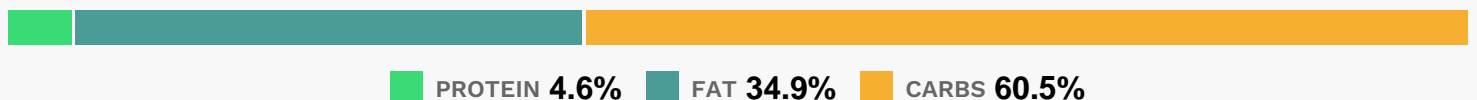
## Equipment

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

## Directions

- ☐ Heat oven to 325°F. Grease bottom and sides of 13x9-inch pan with shortening or cooking spray; lightly flour. In small bowl, dissolve 1 teaspoon espresso in 2 teaspoons hot water.
- ☐ Add butter and 3/4 cup sugar; beat with electric mixer on medium speed until fluffy. On low speed, beat in 1 1/4 cups flour until blended. Press in pan.
- ☐ Sprinkle 1/2 cup of the toffee bits evenly over crust; press in slightly.
- ☐ Bake 15 to 17 minutes or until edges are light golden brown.
- ☐ In medium bowl, dissolve 1 tablespoon espresso in 1 tablespoon hot water.
- ☐ Add milk, 1 cup sugar and the eggs with electric mixer on medium speed until well blended. Stir in 2 tablespoons flour, the baking powder and salt.
- ☐ Pour over hot crust; spread evenly.
- ☐ Bake 28 to 33 minutes or until set. Immediately sprinkle with remaining 1/4 cup toffee bits. Cool completely in pan on cooling rack, about 1 hour. For bars, cut into 8 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:15.44, Glycemic Load:14.55, Inflammation Score:-2, Nutrition Score:1.9360869624045%

## Nutrients (% of daily need)

Calories: 145.2kcal (7.26%), Fat: 5.71g (8.78%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 22.11g (8.04%), Sugar: 17.93g (19.93%), Cholesterol: 23.28mg (7.76%), Sodium: 80mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.89mg (1.96%), Protein: 1.69g (3.38%), Selenium: 4.16µg (5.94%), Vitamin B2: 0.08mg (4.65%), Vitamin A: 230.05IU (4.6%), Phosphorus: 34.6mg (3.46%), Vitamin B1: 0.05mg (3.35%), Folate: 12.58µg (3.14%), Calcium: 28.25mg (2.82%), Manganese: 0.04mg (2.09%), Iron: 0.36mg (1.97%), Vitamin B3: 0.39mg (1.94%), Vitamin E: 0.22mg (1.46%), Vitamin B5: 0.15mg (1.45%), Potassium: 46.26mg (1.32%), Vitamin B12: 0.07µg (1.24%), Magnesium: 4.3mg (1.07%), Zinc: 0.16mg (1.06%)