

Holiday Toffee Bars

READY IN



80 min.

SERVINGS



32

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup brown sugar packed
- ☐ 1 teaspoon vanilla
- ☐ 1 egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup milk chocolate chips
- ☐ 0.5 cup nuts chopped

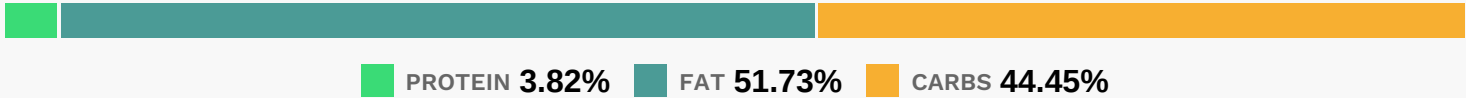
Equipment

- ☐ 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 flour and salt. Press in pan.
- ☐ Bake 25 to 30 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 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:3.27, Glycemic Load:4.42, Inflammation Score:-2, Nutrition Score:2.0630434497219%

Nutrients (% of daily need)

Calories: 139.85kcal (6.99%), Fat: 8.17g (12.56%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 15.37g (5.59%), Sugar: 8.85g (9.84%), Cholesterol: 6.07mg (2.03%), Sodium: 87.69mg (3.81%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.36g (2.72%), Vitamin A: 262.19IU (5.24%), Manganese: 0.1mg (5.1%), Vitamin B1: 0.07mg (4.5%), Selenium: 3.05µg (4.35%), Folate: 16.38µg (4.1%), Vitamin B3: 0.58mg (2.88%), Vitamin B2: 0.05mg (2.87%), Iron: 0.51mg (2.83%), Phosphorus: 22.33mg (2.23%), Copper: 0.04mg (2.19%), Magnesium: 7.66mg (1.91%), Fiber: 0.41g (1.65%), Vitamin E: 0.24mg (1.59%), Calcium: 14.01mg (1.4%), Potassium: 45.43mg (1.3%), Zinc: 0.16mg (1.04%)