



Krista's Toffee Delights

READY IN



520 min.

SERVINGS



24

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 8.4 ounce chocolate bar crushed heath® (such as)
- 2 cups chocolate graham cracker crumbs crushed nabisco teddy grahams® (such as)
- 0.5 cup pecans chopped
- 12 ounce semi chocolate chips
- 14 ounce condensed milk sweetened canned
- 8 ounce toffee chips brickle® (such as Heath Bits 'O)

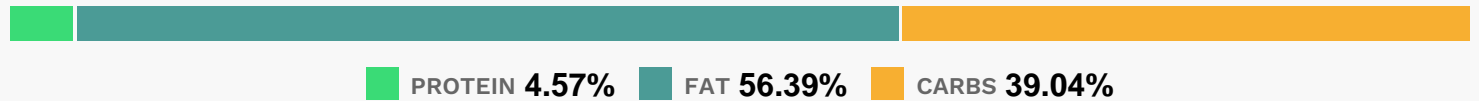
Equipment

- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Spray a 9x13 inch baking pan with nonstick spray. Stir together crushed chocolate graham snacks and the melted butter; press evenly into the bottom of the pan.
- Bake in the preheated oven for 5 minutes.
- Remove from oven; layer the toffee baking bits, crushed toffee candy bars, chocolate chips, and chopped pecans evenly over the crust.
- Pour the sweetened condensed milk evenly over the layers.
- Bake in the preheated oven until set, about 20 minutes. Cool overnight before cutting.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:9.42, Inflammation Score:-4, Nutrition Score:6.3043478610723%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 329.56kcal (16.48%), Fat: 20.83g (32.04%), Saturated Fat: 11.2g (69.97%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 30.01g (10.91%), Sugar: 24.53g (27.25%), Cholesterol: 26.77mg (8.92%), Sodium: 92.56mg (4.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.13mg (6.71%), Protein: 3.8g (7.59%), Manganese: 0.48mg (24.22%), Copper: 0.38mg (19.11%), Magnesium: 55.09mg (13.77%), Iron: 2.17mg (12.05%), Phosphorus: 119.7mg (11.97%), Fiber: 2.43g (9.73%), Calcium: 68.93mg (6.89%), Zinc: 0.98mg (6.52%), Potassium: 227.93mg (6.51%), Selenium: 4.52µg (6.46%), Vitamin A: 283.43IU (5.67%), Vitamin B2: 0.09mg (5.56%), Vitamin E: 0.4mg (2.66%), Vitamin B1: 0.04mg (2.58%), Vitamin B5: 0.25mg (2.45%), Vitamin B12: 0.14µg (2.41%), Vitamin K: 2.52µg (2.4%), Vitamin B3: 0.29mg (1.45%), Vitamin B6: 0.02mg (1.14%)