



## Maple Toffee Bars

READY IN



90 min.

SERVINGS



30

CALORIES



175 kcal

DESSERT

### Ingredients

- 1 cup brown sugar
- 0.5 cup butter softened
- 12 ounce chocolate chips
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon maple extract
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup vegetable shortening

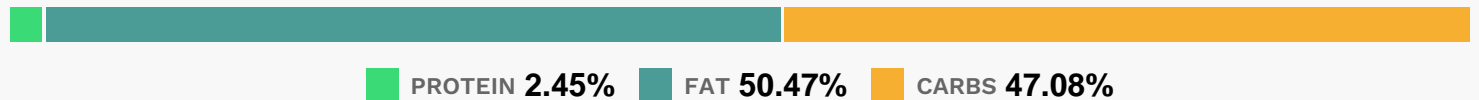
## Equipment

- oven
- double boiler
- baking pan
- spatula

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat butter and vegetable shortening with brown sugar, egg, vanilla extract, and maple extract until smooth; stir in flour and salt. Lightly press the dough into a 10x15-inch baking dish.
- Bake until the crust is set and lightly browned, about 15 minutes.
- Melt chocolate chips in the top of a double boiler over simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.
- Remove crust from oven and spread melted chocolate in a layer on top.
- Sprinkle with walnuts.
- Cut bars while still warm; let chocolate set, about 1 hour, before serving.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:4.6, Inflammation Score:-1, Nutrition Score:1.7465217366167%

## Nutrients (% of daily need)

Calories: 174.71kcal (8.74%), Fat: 9.95g (15.3%), Saturated Fat: 4.88g (30.52%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 20.65g (7.51%), Sugar: 13.64g (15.16%), Cholesterol: 13.59mg (4.53%), Sodium: 67.54mg (2.94%), Alcohol: 0.05g (100%), Alcohol %: 0.16% (100%), Protein: 1.09g (2.17%), Selenium: 3.4µg (4.86%), Vitamin B1: 0.07mg (4.46%), Folate: 16.13µg (4.03%), Manganese: 0.06mg (3.12%), Vitamin B2: 0.05mg (2.9%), Iron: 0.47mg (2.6%), Vitamin B3: 0.5mg (2.52%), Vitamin E: 0.32mg (2.12%), Vitamin A: 102.47IU (2.05%), Vitamin K: 2.11µg (2.01%), Calcium: 17.24mg (1.72%), Potassium: 54.21mg (1.55%), Phosphorus: 13.11mg (1.31%)