



## Mascarpone Chocolate Toffee Bars

 Vegetarian

READY IN



193 min.

SERVINGS



21

CALORIES



224 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 2.8 ounces chocolate-toffee candy bars divided coarsely chopped recommended: Skor
- ☐ 8 ounces mascarpone cheese at room temperature
- ☐ 1 pound sugar cookie dough refrigerated recommended: Pillsbury
- ☐ 1 cup semi chocolate chips recommended: Ghirardelli
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 teaspoon vegetable oil

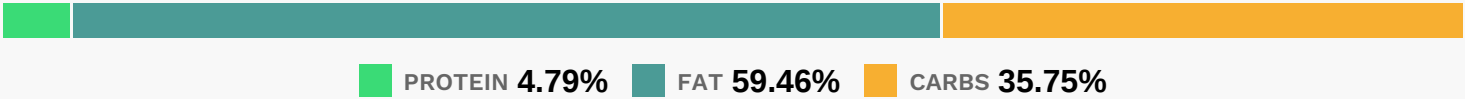
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

## Directions

- ☐ Watch how to make this recipe.
- ☐ Position an oven rack in the middle of the oven. Preheat the oven to 350 degrees F.
- ☐ Spray a 7 by 10 3/4-inch nonstick baking pan with vegetable cooking spray.
- ☐ Lay a 6 by 18-inch piece of parchment paper in the pan, allowing the excess paper to overhang the sides. Spray the parchment paper lightly with cooking spray.
- ☐ In a medium bowl, combine the cookie dough, 1/2 of the chopped chocolate-toffee candy pieces and vanilla extract. Using damp fingers, gently press the dough into the prepared pan. Using the tines of a fork, prick the dough all over.
- ☐ Bake for 12 to 14 minutes until the crust is lightly browned. Cool for 15 minutes.
- ☐ Place the chocolate chips and vegetable oil in a medium bowl.
- ☐ Place the bowl over a pan of simmering water and stir until the chocolate has melted. Cool the chocolate mixture for 10 minutes.
- ☐ Whisk in the mascarpone cheese until the mixture is smooth. Using a spatula, spread the chocolate mixture over the cooled crust.
- ☐ Sprinkle the remaining chocolate-toffee candy pieces and sliced almonds over the chocolate mixture. Refrigerate for at least 2 hours until the chocolate layer is firm.
- ☐ Peel off the parchment paper and cut into 1 1/2 by 2-inch bars.
- ☐ Serve at room temperature.
- ☐ \*Cook's Note: To toast almonds, arrange in a single layer on a baking sheet.
- ☐ Bake in a preheated 350 degrees F oven for 8 to 10 minutes until lightly browned.

# Nutrition Facts



## Properties

Glycemic Index:1.57, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:3.7995651908543%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

## Nutrients (% of daily need)

Calories: 223.52kcal (11.18%), Fat: 14.72g (22.65%), Saturated Fat: 7.09g (44.28%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 18.49g (6.72%), Sugar: 12g (13.33%), Cholesterol: 13.8mg (4.6%), Sodium: 70.43mg (3.06%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Caffeine: 10.4mg (3.47%), Protein: 2.67g (5.34%), Manganese: 0.28mg (13.95%), Copper: 0.19mg (9.65%), Iron: 1.43mg (7.96%), Phosphorus: 75.71mg (7.57%), Magnesium: 28.18mg (7.05%), Fiber: 1.43g (5.72%), Folate: 14.09µg (3.52%), Vitamin B1: 0.05mg (3.37%), Vitamin B3: 0.67mg (3.36%), Vitamin A: 164.96IU (3.3%), Potassium: 115.55mg (3.3%), Vitamin K: 3.19µg (3.04%), Zinc: 0.44mg (2.92%), Calcium: 27.88mg (2.79%), Vitamin E: 0.41mg (2.75%), Vitamin B2: 0.05mg (2.71%), Selenium: 1.69µg (2.42%)