



Mocha Toffee Bars

READY IN



45 min.

SERVINGS



48

CALORIES



113 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons espresso powder dissolved in 2 tablespoons boiling water instant
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup roasted cashews salted chopped
- ☐ 8 ounces bittersweet chocolate
- ☐ 1 cup butter unsalted softened
- ☐ 1.5 teaspoons vanilla

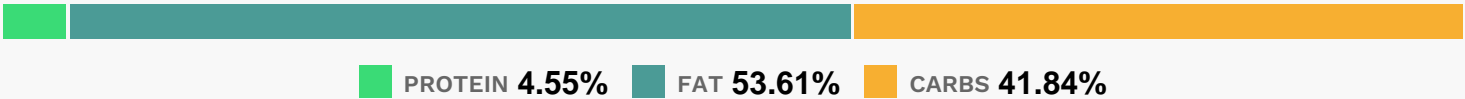
Equipment

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

Directions

- ☐ In a bowl with an electric mixer, cream the butter, add the brown sugar, and beat the mixture until it is light and fluffy. Beat in the yolk, add the vanilla and the espresso mixture, a little at a time, beating, and beat the mixture until it is combined well.
- ☐ Add the salt and the flour, beating, and beat the mixture until is combined well.
- ☐ Spread the batter evenly in a jelly-roll pan, 15 1/2 by 10 1/2 by 1 inch, and bake it in the middle of a preheated 350°F oven for 15 to 20 minutes, or until it pulls away slightly from the edge of the pan.
- ☐ Spread the chocolate, melted, evenly over the baked layer and sprinkle thecashews over it.
- ☐ Let the mixture cool in the pan on a rack, cut it into 48 bars, and chill it for 15 to 20 minutes, or until the chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:2.2913043498993%

Nutrients (% of daily need)

Calories: 112.53kcal (5.63%), Fat: 6.78g (10.44%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 11.33g (4.12%), Sugar: 6.32g (7.02%), Cholesterol: 14.28mg (4.76%), Sodium: 40.6mg (1.77%), Alcohol: 0.04g (100%), Alcohol %: 0.25% (100%), Caffeine: 13.88mg (4.63%), Protein: 1.3g (2.59%), Manganese: 0.12mg (6.24%), Copper: 0.12mg (5.89%), Magnesium: 16.59mg (4.15%), Iron: 0.73mg (4.03%), Selenium: 2.75µg (3.93%), Phosphorus: 32.05mg (3.21%), Vitamin B1: 0.05mg (3.17%), Folate: 11.71µg (2.93%), Vitamin A: 125.65IU (2.51%), Vitamin B3: 0.47mg (2.36%), Fiber: 0.58g (2.33%), Vitamin B2: 0.04mg (2.13%), Zinc: 0.3mg (1.98%), Potassium: 63.33mg (1.81%), Vitamin K: 1.44µg (1.37%), Vitamin E: 0.17mg (1.13%), Calcium: 10.54mg (1.05%)