



Mocha-Toffee Truffle Bars

READY IN



175 min.

SERVINGS



36

CALORIES



216 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 eggs slightly beaten
- ☐ 1 teaspoon coffee instant
- ☐ 11.5 oz milk chocolate chips (2 cups)
- ☐ 1 cup pecans chopped
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 8 oz toffee chips ()

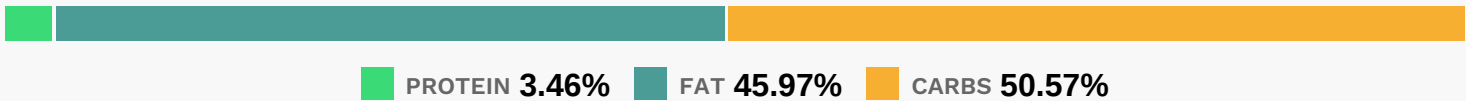
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350F. In large bowl, stir cookie mix, melted butter and egg until soft dough forms.
- ☐ Spread dough in bottom of a 9x13-inch ungreased pan.
- ☐ Bake 12 to 15 minutes or until light golden brown.
- ☐ Meanwhile, in small microwavable bowl, microwave sweetened condensed milk uncovered on High for 1 minute. Stir in instant coffee until coffee is mostly dissolved; set aside.
- ☐ Sprinkle warm crust with chocolate chips, toffee bits and pecans.
- ☐ Drizzle sweetened condensed milk mixture evenly over pecans.
- ☐ Bake 23 to 27 minutes or until top is golden brown and bubbly in center. Cool completely, about 2 hours. For bars, cut into 9 rows by 4 rows. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.39, Glycemic Load:5.75, Inflammation Score:-2, Nutrition Score:2.0543478157209%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 215.52kcal (10.78%), Fat: 11.19g (17.21%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 27.4g (9.96%), Sugar: 21.69g (24.1%), Cholesterol: 14.85mg (4.95%), Sodium: 93.35mg (4.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Manganese: 0.14mg (6.89%), Vitamin A: 223.08IU (4.46%), Calcium: 43.71mg (4.37%), Phosphorus: 41.53mg (4.15%), Vitamin B2: 0.07mg (3.86%), Selenium: 2.18µg (3.11%), Vitamin B1: 0.04mg (2.63%), Potassium: 86.4mg (2.47%), Copper: 0.04mg (1.95%), Magnesium: 7.11mg (1.78%), Zinc: 0.26mg (1.76%), Vitamin E: 0.23mg (1.53%), Vitamin B5: 0.14mg (1.39%), Folate: 4.82µg (1.2%), Fiber: 0.29g (1.16%), Vitamin B12: 0.07µg (1.16%)