

## Toffee Crunch Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



142 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup butter
- 1 eggs
- 1.5 cups flour all-purpose sifted
- 0.3 cup pecans chopped
- 0.5 teaspoon salt
- 2 cups toffee chips
- 1 teaspoon vanilla extract

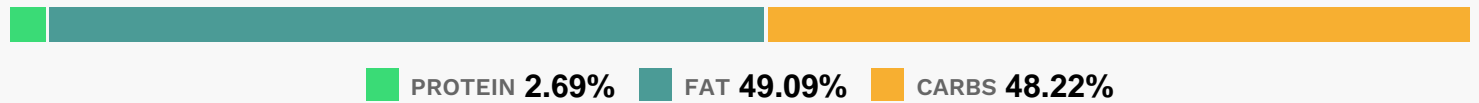
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Combine and sift flour, baking soda, and salt. In a separate bowl, cream butter or margarine.
- Add sugar, egg, and vanilla; mix until smooth and creamy.
- Stir in dry ingredients; blend in toffee bits and pecans.
- Drop tablespoonfuls 2 inches apart onto greased baking sheets.
- Bake at 350 degrees F (175 degrees C) until done, 12 to 15 minutes.
- Remove from baking sheets and cool.

## Nutrition Facts



## Properties

Glycemic Index:5.17, Glycemic Load:7.22, Inflammation Score:-2, Nutrition Score:1.5486956441208%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

## Nutrients (% of daily need)

Calories: 141.63kcal (7.08%), Fat: 7.76g (11.93%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 16.9g (6.15%), Sugar: 12.86g (14.29%), Cholesterol: 24.99mg (8.33%), Sodium: 88.65mg (3.85%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 0.96g (1.92%), Vitamin A: 237.37IU (4.75%), Manganese: 0.08mg (4.24%), Selenium: 2.37µg (3.39%), Vitamin B1: 0.05mg (3.28%), Folate: 10.73µg (2.68%), Vitamin B2: 0.04mg (2.51%), Iron: 0.33mg (1.81%), Vitamin B3: 0.33mg (1.65%), Phosphorus: 15.99mg (1.6%), Vitamin E: 0.23mg

(1.51%), Copper: 0.02mg (1.16%), Calcium: 11.23mg (1.12%)