



Toffee nut squares

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



443 kcal

SIDE DISH

Ingredients

- ☐ 175 g flour plain
- ☐ 50 g rice
- ☐ 85 g brown sugar
- ☐ 140 g butter diced cold
- ☐ 1 tbsp milk
- ☐ 25 g pumpkin seeds
- ☐ 250 g macadamia nuts mixed (I used pistachios, macadamias and hazelnuts)
- ☐ 300 g individually wrapped caramels (I used Carnation)

☐ 3 tbsp flour

Equipment

☐ bowl

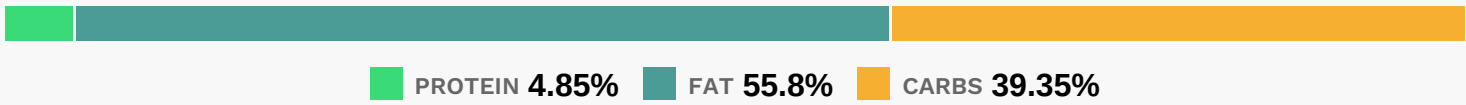
☐ oven

☐ knife

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line a 21 or 22cm square, shallow baking tin with baking parchment.
- ☐ Put the flour, ground rice and sugar in a bowl with the butter and rub in until fine crumbs form. Stir in the milk with a cutlery knife. Tip it all into the tin and press down evenly.
- ☐ Bake for 15–20 mins until golden.
- ☐ Remove the tin and lower oven to 180C/160C fan/gas
- ☐ Mix together the seeds, nuts, caramel and flour. Evenly distribute over the base, scatter with extra seeds, then bake for 8–10 mins more. Cool in the tin, then cut into squares.

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:23.75, Inflammation Score:-4, Nutrition Score:9.497391221316%

Nutrients (% of daily need)

Calories: 443.16kcal (22.16%), Fat: 28.52g (43.88%), Saturated Fat: 9.37g (58.54%), Carbohydrates: 45.26g (15.09%), Net Carbohydrates: 42.84g (15.58%), Sugar: 24.34g (27.05%), Cholesterol: 26.98mg (8.99%), Sodium: 140.45mg (6.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.15%), Manganese: 1.12mg (56.01%), Vitamin B1: 0.41mg (27.59%), Magnesium: 49.35mg (12.34%), Phosphorus: 120.27mg (12.03%), Copper: 0.23mg (11.31%), Selenium: 7.83µg (11.19%), Vitamin B2: 0.19mg (11.18%), Iron: 1.84mg (10.21%), Fiber: 2.42g (9.66%), Folate: 35.37µg (8.84%), Vitamin B3: 1.71mg (8.54%), Calcium: 67.02mg (6.7%), Vitamin A: 304.41IU (6.09%), Potassium: 183.52mg (5.24%), Zinc: 0.72mg (4.81%), Vitamin B5: 0.47mg (4.7%), Vitamin B6: 0.09mg (4.62%), Vitamin E: 0.56mg (3.72%), Vitamin B12: 0.1µg (1.69%), Vitamin K: 1.48µg (1.41%)