

Toffee Pie Bars

READY IN

ready

55 min.

SERVINGS

servings

28

CALORIES

calories

196 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 14 graham crackers
- ☐ 1.5 cups pecans chopped
- ☐ 1 cup semi chocolate chips
- ☐ 1 cup butter unsalted
- ☐ 1 teaspoon vanilla extract

Equipment

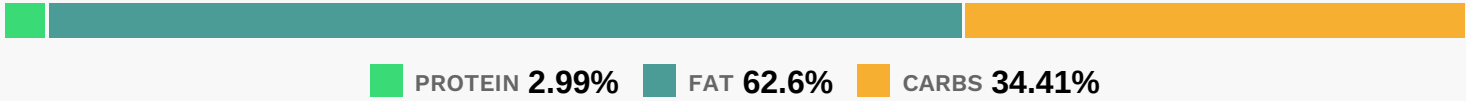
- ☐ frying pan

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a jellyroll pan.
- ☐ Arrange graham crackers side by side on the entire bottom of the jelly roll pan. In a small saucepan, cook the butter and brown sugar, stirring constantly until the sugar is dissolved. Bring to a boil and simmer for one minute.
- ☐ Remove from heat, stir in the vanilla, and pour the entire mixture evenly over the graham crackers.
- ☐ Sprinkle the pecans all over.
- ☐ Bake in the preheated oven for 10 minutes.
- ☐ After removing cookies from the oven, sprinkle with the chocolate chips.
- ☐ Let stand until completely cool before cutting into bars. For best results, try to cut along the perforations of the graham crackers.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:3.8, Inflammation Score:-2, Nutrition Score:3.3086956344221%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 195.65kcal (9.78%), Fat: 13.94g (21.45%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.93g (5.79%), Sugar: 11.85g (13.16%), Cholesterol: 17.82mg (5.94%), Sodium: 49.88mg (2.17%), Alcohol: 0.05g (100%), Alcohol %: 0.18% (100%), Caffeine: 5.53mg (1.84%), Protein: 1.5g (2.99%), Manganese:

0.35mg (17.68%), Copper: 0.16mg (7.87%), Magnesium: 23.4mg (5.85%), Fiber: 1.31g (5.25%), Iron: 0.9mg (5%), Phosphorus: 49.3mg (4.93%), Vitamin A: 209.08IU (4.18%), Zinc: 0.58mg (3.87%), Vitamin B1: 0.06mg (3.8%), Potassium: 85.39mg (2.44%), Calcium: 22.09mg (2.21%), Vitamin E: 0.31mg (2.05%), Vitamin B3: 0.4mg (2%), Vitamin B2: 0.03mg (1.79%), Selenium: 0.94µg (1.34%), Vitamin B6: 0.02mg (1.25%), Folate: 4.83µg (1.21%), Vitamin K: 1.23µg (1.18%)