



Toffee Squares

 Popular

READY IN



45 min.

SERVINGS



48

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds toasted chopped
- ☐ 1 cup brown sugar light packed
- ☐ 1 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 7 ounces milk chocolate chips
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter unsalted at room temperature (2 sticks)
- ☐ 1 teaspoon vanilla extract

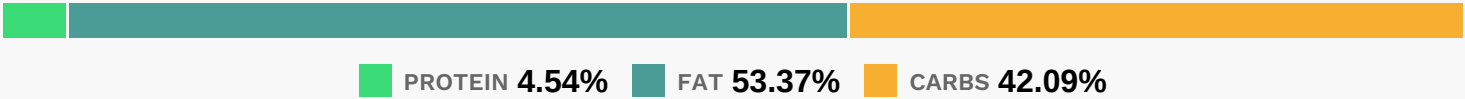
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ offset spatula

Directions

- ☐ Preheat the oven to 350°F. Line a 9-by-13-inch baking pan with parchment.
- ☐ Prepare the crust. In a large bowl, with an electric mixer, beat together the butter and sugar on medium speed until light, about 2 minutes. Beat in the egg yolk, vanilla, and salt. On low speed, gradually beat in the flour just until mixed. The dough will be stiff. Pat the dough evenly over the bottom of the baking pan.
- ☐ Bake in the center of the oven until pale gold on top, about 20 minutes.
- ☐ Remove the pan from the oven and scatter the chocolate pieces evenly over the crust. Return the pan to the oven for 1 minute.
- ☐ Remove the pan again and, using a knife, spread the chocolate evenly over the crust.
- ☐ Sprinkle evenly with the almonds.
- ☐ Let cool completely in the pan on a wire rack. Using a sharp knife, cut into small squares, then carefully remove from the pan with a small offset spatula or an icing spatula.
- ☐ This is another of those always-popular cookie-exchange selections: Toffee-laced squares appeal to just about everyone. Dress them up a little by weaving lengths of gold metallic ribbon through the stacked cookies.
- ☐ From Very Merry Cookie Party: How to Plan and Host a Christmas Cookie Exchange by Barbara Grunes & Virginia Van Vynckt. Text copyright © 2010 by Barbara Grunes and Virginia Van Vynckt; photographs copyright © 2010 by France Ruffenach. Published by Chronicle Books, LLC.

Nutrition Facts



Properties

Glycemic Index:1.77, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:2.0026087164879%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 109.58kcal (5.48%), Fat: 6.65g (10.23%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 11.29g (4.1%), Sugar: 6.97g (7.74%), Cholesterol: 13.99mg (4.66%), Sodium: 14.23mg (0.62%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.27g (2.54%), Vitamin E: 0.88mg (5.9%), Manganese: 0.11mg (5.36%), Vitamin B2: 0.06mg (3.72%), Vitamin B1: 0.05mg (3.19%), Selenium: 2.19µg (3.13%), Folate: 11.55µg (2.89%), Vitamin A: 123.32IU (2.47%), Magnesium: 9.72mg (2.43%), Phosphorus: 22.66mg (2.27%), Iron: 0.4mg (2.2%), Vitamin B3: 0.42mg (2.11%), Copper: 0.04mg (2.07%), Fiber: 0.51g (2.05%), Calcium: 17.16mg (1.72%), Potassium: 46.97mg (1.34%)