



Yuletide Toffee Squares

 Gluten Free

READY IN



45 min.

SERVINGS



96

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 0.8 cup butter melted
- ☐ 0.8 cup plus light
- ☐ 4.5 cups regular oats
- ☐ 0.7 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups semisweet chocolate morsels
- ☐ 1 tablespoon vanilla

☐ 2 tablespoons vegetable shortening

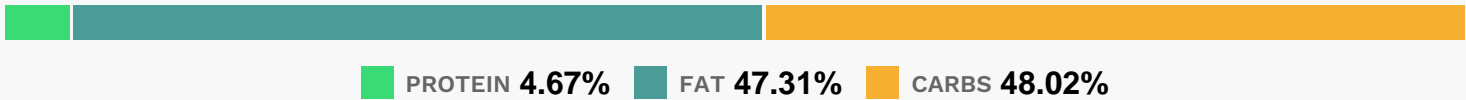
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ double boiler
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 42
- ☐ Line a 15- x 10-inch pan with foil; grease.
- ☐ Combine first 6 ingredients in a large bowl. Lightly grease hands, and press mixture into pan.
- ☐ Bake for 12 to 15 minutes or until golden brown. Cool completely on a wire rack.
- ☐ Melt chocolate and shortening together in a medium saucepan or double boiler over low heat, stirring constantly until smooth.
- ☐ Spread mixture evenly over oat base, and sprinkle with chopped nuts. Cover loosely, and chill in pan until chocolate is firm. Lift foil and candy onto a cutting board; cut into bite-size squares.

Nutrition Facts



Properties

Glycemic Index:1.34, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:1.6908695455641%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg

Nutrients (% of daily need)

Calories: 73.14kcal (3.66%), Fat: 3.92g (6.04%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 8.22g (2.99%), Sugar: 5.72g (6.36%), Cholesterol: 4.04mg (1.35%), Sodium: 26.45mg (1.15%), Alcohol: 0.05g (100%), Alcohol %: 0.38% (100%), Caffeine: 3.22mg (1.08%), Protein: 0.87g (1.75%), Manganese: 0.22mg (10.86%), Copper: 0.08mg (3.79%), Magnesium: 13.41mg (3.35%), Fiber: 0.74g (2.95%), Phosphorus: 28.67mg (2.87%), Iron: 0.44mg (2.44%), Selenium: 1.52µg (2.17%), Zinc: 0.28mg (1.85%), Vitamin B1: 0.02mg (1.55%), Potassium: 42.31mg (1.21%)