

Milk Chocolate Toffee Bars

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens Magazine*

Yield: 36 bars

*2 cups all-purpose flour
1 cup packed brown sugar
1/2 teaspoon ground cinnamon
1 cup butter, softened
1 teaspoon vanilla
3/4 cup chopped pecans
1 cup milk chocolate pieces
1/2 cup toffee pieces*

Preparation Time: 25 minutes**Bake: 25 minutes**

Preheat the oven to 350 degrees.

Line a 13x9x2-inch baking pan with foil, extending the foil over the edges of the pan. Grease the foil. Set aside.

In a large mixing bowl, stir together the flour, brown sugar and cinnamon. Add the butter and vanilla. Beat with an electric mixer on low until the mixture resembles coarse crumbs. Stir in the pecans and 1/2 cup of the milk chocolate pieces. Press the mixture into the bottom of the pan.

Bake for 25 to 30 minutes or until golden brown. Sprinkle the bars with the remaining 1/2 cup of the milk chocolate pieces. Let stand on a wire rack for 5 minutes to soften. Using a table knife, swirl the chocolate pieces and spread a thin layer of chocolate over the bars. Immediately sprinkle with the toffee pieces. Cool completely in the pan on a wire rack. Use the foil to lift the uncut bars out of the pan. Cut into bars.

Per Serving (excluding unknown items): 3974 Calories; 247g Fat (54.8% calories from fat); 35g Protein; 423g Carbohydrate; 14g Dietary Fiber; 497mg Cholesterol; 1965mg Sodium. Exchanges: 13 1/2 Grain(Starch); 1/2 Lean Meat; 48 1/2 Fat; 14 1/2 Other Carbohydrates.

Desserts

Calories (kcal): 3974
% Calories from Fat: 54.8%
% Calories from Carbohydrates: 41.8%
% Calories from Protein: 3.4%
Total Fat (g): 247g
Saturated Fat (g): 120g
Monounsaturated Fat (g): 91g
Polyunsaturated Fat (g): 23g
Cholesterol (mg): 497mg
Carbohydrate (g): 423g
Dietary Fiber (g): 14g
Protein (g): 35g
Sodium (mg): 1965mg
Potassium (mg): 1443mg
Calcium (mg): 325mg
Iron (mg): 18mg
Zinc (mg): 7mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 7053IU
Vitamin A (r.e.): 1729RE

Vitamin B6 (mg): .3mg
Vitamin B12 (mcg): .3mcg
Thiamin B1 (mg): 2.7mg
Riboflavin B2 (mg): 1.4mg
Folacin (mcg): 429mcg
Niacin (mg): 16mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refuse: n n%

Food Exchanges

Grain (Starch): 13 1/2
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 48 1/2
Other Carbohydrates: 14 1/2

Nutrition Facts

Amount Per Serving

Calories 3974 **Calories from Fat:** 2178

% Daily Values*

Total Fat	247g	380%
Saturated Fat	120g	599%
Cholesterol	497mg	166%
Sodium	1965mg	82%
Total Carbohydrates	423g	141%
Dietary Fiber	14g	57%
Protein	35g	
Vitamin A		141%
Vitamin C		4%
Calcium		32%
Iron		103%

* Percent Daily Values are based on a 2000 calorie diet.