

Toffee-Nut Bars

Betsy Spacek

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 24 to 36 bars

PASTRY LAYER

1/4 cup vegetable shortening
1/4 cup butter or margarine
1/2 cup brown sugar, firmly packed
1 cup all-purpose flour, sifted

TOPPING

2 eggs, beaten
1 cup brown sugar, firmly packed
1 teaspoon vanilla extract
2 tablespoons all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1 cup shredded coconut
1 cup chopped nuts (almonds, walnuts or pecans)

Preheat the oven to 350 degrees.

In a bowl, mix together the shortening, butter and brown sugar. Stir in the flour. Cover the bottom of an ungreased 13x9x2-inch baking pan. with the dough. Press the dough and flatten with your hand.

Bake for 10 minutes.

In a bowl, add the brown sugar and vanilla to the beaten eggs.

In a bowl, mix together the flour, baking powder and salt. Stir into the egg mixture. Stir in the coconut and nuts. Spread the mixture over the baked pastry layer. Return to the oven.

Bake for 25 minutes or until golden brown.

Cool slightly and cut into bars.

Per Serving (excluding unknown items): 2360 Calories; 109g Fat (41.1% calories from fat); 28g Protein; 322g Carbohydrate; 4g Dietary Fiber; 548mg Cholesterol; 2249mg Sodium. Exchanges: 7 Grain(Starch); 1 1/2 Lean Meat; 20 Fat; 14 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2360	Vitamin B6 (mg):	.2mg
% Calories from Fat:	41.1%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	54.2%	Thiamin B1 (mg):	1.2mg

% Calories from Protein: 4.6%
 Total Fat (g): 109g
 Saturated Fat (g): 53g
 Monounsaturated Fat (g): 40g
 Polyunsaturated Fat (g): 9g
 Cholesterol (mg): 548mg
 Carbohydrate (g): 322g
 Dietary Fiber (g): 4g
 Protein (g): 28g
 Sodium (mg): 2249mg
 Potassium (mg): 1053mg
 Calcium (mg): 549mg
 Iron (mg): 13mg
 Zinc (mg): 3mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 2222IU
 Vitamin A (r.e.): 569RE

Riboflavin B2 (mg): 1.2mg
 Folic Acid (mcg): 268mcg
 Niacin (mg): 9mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 13
 % Refuse: n n%

Food Exchanges

Grain (Starch): 7
 Lean Meat: 1 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 20
 Other Carbohydrates: 14

Nutrition Facts

Amount Per Serving

Calories 2360 **Calories from Fat:** 971

% Daily Values*

Total Fat	109g	167%
Saturated Fat	53g	263%
Cholesterol	548mg	183%
Sodium	2249mg	94%
Total Carbohydrates	322g	107%
Dietary Fiber	4g	15%
Protein	28g	
Vitamin A		44%
Vitamin C		0%
Calcium		55%
Iron		73%

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