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## Brickle Bar ♦

A delicious and crunchy dessert bar made with toffee, chocolate, and nuts. It is perfect for any occasion and can be enjoyed by everyone.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

200 g	Butter
200 g	Brown Sugar
1 tsp	Salt
2 tsp	Vanilla Extract
250 g	All-Purpose Flour
200 g	toffee bits

<b>200 g</b>	Semi-Sweet Chocolate Chips
<b>150 g</b>	chopped nuts

## Directions

### Step 1

#### Preheating

Preheat the oven to 350°F (175°C). Grease a baking dish.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a mixing bowl, cream together the butter, brown sugar, salt, and vanilla extract until smooth.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 3

#### Mixing

Gradually add the flour to the butter mixture and mix until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

**Stirring**

Stir in the toffee bits, chocolate chips, and chopped nuts.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

**Baking**

Press the mixture into the prepared baking dish and bake for 15 minutes or until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 6

**Cooling**

Allow the brickle bar to cool completely before cutting into squares.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 18 g

**Protein:** 3 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	18 g	64.29%	72%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

Paleo Diet

Vegetarian Diet

Lacto-Vegetarian Diet

Ovo-Vegetarian Diet

### Course

Desserts

Salads

Snacks

Sauces & Dressings

Appetizers

Side Dishes

Breads

Soups

Drinks

### Meal Type

Brunch

Snack

Supper

### Difficulty Level

Medium

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