



Amaretti Triple Deckers

READY IN



45 min.

SERVINGS



20

CALORIES



368 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.5 cup amaretti cookies crushed finely
- 0.3 cup butter softened
- 1 cup butter melted
- 2 cups chocolate wafer crumbs
- 0.5 cup coconut or flaked
- 20 amarettini cookies miniature (amaretti cookies)
- 2 large eggs lightly beaten
- 1.3 cups graham cracker crumbs

- 2 tablespoons milk
- 2.8 cups powdered sugar sifted
- 0.3 teaspoon salt
- 1 ounce bittersweet chocolate melted
- 0.5 cup semisweet chocolate mini-morsels
- 0.8 cup slivered almonds toasted chopped
- 0.5 cup sugar
- 1.5 teaspoons vanilla extract

Equipment

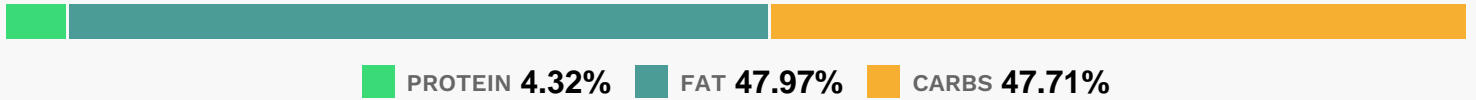
- frying pan
- sauce pan
- whisk
- hand mixer
- ziploc bags
- kitchen scissors

Directions

- Combine first 5 ingredients in a heavy saucepan. Cook over medium-low heat, stirring constantly with a wire whisk, 12 to 15 minutes or until mixture reaches 160 and is slightly thickened.
- Remove from heat; divide mixture in half.
- Let cool 15 minutes.
- Add chocolate wafer crumbs, almonds, and coconut to half of butter mixture, stirring well. Press chocolate mixture firmly into an ungreased 9" square pan.
- Add graham cracker crumbs, crushed amaretti cookies, and chocolate mini-morsels to remaining mixture, stirring well. Press graham cracker mixture firmly over chocolate mixture in pan.
- Beat 1/4 cup butter at medium speed of an electric mixer until creamy; gradually add powdered sugar, beating until blended.

- Add milk and almond extract; beat until mixture is spreading consistency.
- Spread frosting over graham cracker layer. Cover and chill.
- Cut into 20 bars.
- Spoon melted chocolate into a zip-top plastic bag. Snip a tiny hole in one corner of bag, using scissors.
- Drizzle chocolate over frosted bars. Top each bar with an amarettini cookie.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:10.22, Inflammation Score:-5, Nutrition Score:5.1978260385601%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg 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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 368.3kcal (18.41%), Fat: 20.09g (30.9%), Saturated Fat: 5.81g (36.29%), Carbohydrates: 44.95g (14.98%), Net Carbohydrates: 42.8g (15.57%), Sugar: 34.72g (38.57%), Cholesterol: 19.35mg (6.45%), Sodium: 293.25mg (12.75%), Alcohol: 0.12g (100%), Alcohol %: 0.19% (100%), Caffeine: 6.1mg (2.03%), Protein: 4.07g (8.14%), Manganese: 0.31mg (15.44%), Vitamin E: 1.65mg (11.03%), Vitamin A: 541.2IU (10.82%), Copper: 0.19mg (9.49%), Fiber: 2.14g (8.57%), Magnesium: 33.32mg (8.33%), Iron: 1.45mg (8.05%), Phosphorus: 79.01mg (7.9%), Vitamin B2: 0.13mg (7.54%), Selenium: 3.38µg (4.82%), Zinc: 0.62mg (4.13%), Vitamin B3: 0.74mg (3.68%), Potassium: 122.94mg (3.51%), Vitamin B1: 0.05mg (3.36%), Calcium: 31.83mg (3.18%), Folate: 12.14µg (3.04%), Vitamin B5: 0.19mg (1.9%), Vitamin B6: 0.04mg (1.78%), Vitamin B12: 0.09µg (1.45%)