



B-52 Bars

READY IN



155 min.

SERVINGS



30

CALORIES



271 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cups coconut or shredded
- ☐ 0.3 cup rum / brandy / coffee liqueur flavored kahlua® (such as)
- ☐ 4 cups confectioners' sugar
- ☐ 0.3 cup vanilla custard powder
- ☐ 2 eggs
- ☐ 4 cups graham cracker crumbs
- ☐ 0.3 cup irish cream liqueur baileys® (such as)
- ☐ 0.3 cup orange liqueur such as grand marnier®

- ☐ 2 cups semi chocolate chips
- ☐ 10 tablespoons cocoa powder unsweetened
- ☐ 1 cup walnuts chopped
- ☐ 0.5 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ To make the crust, melt 1 cup butter in a heavy saucepan over low heat, and whisk in the sugar, cocoa, and eggs. Stir in the coffee liqueur, and whisk constantly until the mixture thickens, about 2 minutes.
- ☐ Mix the graham cracker crumbs with coconut and walnuts in a bowl, and stir into the cocoa mixture. Grease a 9x13-inch square dish or line with greased waxed paper, and pack the crumb mixture into the bottom of the dish. Refrigerate the crust while making the filling.
- ☐ Place 1/2 cup of butter, confectioners' sugar, custard powder, and Irish cream liqueur into a mixing bowl, and beat with an electric mixer until the mixture is smooth and creamy.
- ☐ Spread the filling over the crust, and refrigerate the dish until the filling has set, at least 1 hour.
- ☐ Melt the chocolate chips and 2 tablespoons of butter in the top of a double boiler over hot water, stirring until the mixture is smooth and well blended. Stir in the orange liqueur, and drizzle the filling over the custard filling to cover completely. Return the dish to the refrigerator, and chill until the topping has hardened, at least 1 hour. To cut, run a sharp knife under hot water and cut the bars with the heated knife, reheating the knife as necessary.

Nutrition Facts



 PROTEIN **4.52%**  FAT **38.5%**  CARBS **56.98%**

Properties

Glycemic Index:7.47, Glycemic Load:8.45, Inflammation Score:-2, Nutrition Score:5.0726086406604%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 271.07kcal (13.55%), Fat: 11.6g (17.85%), Saturated Fat: 5.51g (34.45%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 35.94g (13.07%), Sugar: 28.38g (31.53%), Cholesterol: 14.09mg (4.7%), Sodium: 87.83mg (3.82%), Alcohol: 1.2g (100%), Alcohol %: 2.41% (100%), Caffeine: 14.66mg (4.89%), Protein: 3.07g (6.13%), Manganese: 0.44mg (21.9%), Copper: 0.31mg (15.29%), Magnesium: 44.42mg (11.11%), Fiber: 2.7g (10.8%), Iron: 1.76mg (9.79%), Phosphorus: 92.31mg (9.23%), Zinc: 0.87mg (5.81%), Potassium: 155.58mg (4.45%), Selenium: 3.04µg (4.34%), Vitamin B2: 0.06mg (3.65%), Vitamin B1: 0.05mg (3.27%), Vitamin B3: 0.64mg (3.19%), Folate: 12.35µg (3.09%), Calcium: 25.47mg (2.55%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.13mg (1.28%), Vitamin E: 0.17mg (1.1%), Vitamin K: 1.1µg (1.04%)