



Black and White Chocolate Macadamia Bars

READY IN



75 min.

SERVINGS



32

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 17.5 oz sugar cookie mix
- 2 tablespoons flour all-purpose
- 0.3 cup butter softened
- 1 eggs
- 12 oz semi chocolate chips (2 cups)
- 14 oz condensed milk sweetened canned (not evaporated)
- 1 eggs
- 2 teaspoons vanilla
- 1 cup macadamia nuts chopped

- 0.3 cup peppermint candies white
- 1 teaspoon vegetable oil

Equipment

- bowl
- frying pan
- sauce pan
- oven
- ziploc bags
- microwave

Directions

- Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.
- In large bowl, mix cookie mix, flour, butter and egg until well mixed. Press dough into bottom of prepared pan.
- Bake 16 to 18 minutes or until light golden brown. Cool 10 minutes.
- Meanwhile, in small saucepan melt 1 cup of the chocolate chips and half of the sweetened condensed milk over medium-low heat, stirring frequently; remove from heat. Stir in remaining condensed milk, egg and vanilla.
- Spread over crust.
- Sprinkle with remaining 1 cup chocolate chips and nuts.
- Bake 22 to 25 minutes or until set. Cool completely, about 30 minutes.
- For white chocolate drizzle, place baking chips and oil in small resealable freezer plastic bag. Microwave on medium (50%) for 1 minute to 1 minute 15 seconds, turning bag over after 25 seconds. Squeeze bag until chips are melted and smooth.
- Cut small tip off one corner of bag, and drizzle over bars.
- Let stand until set, about 10 minutes. For bars, cut into 8 rows by 4 rows.

Nutrition Facts



■ PROTEIN 5.27% ■ FAT 47.45% ■ CARBS 47.28%

Properties

Glycemic Index:4.56, Glycemic Load:4.4, Inflammation Score:-2, Nutrition Score:3.9695652295714%

Nutrients (% of daily need)

Calories: 226.99kcal (11.35%), Fat: 12.11g (18.63%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 25.93g (9.43%), Sugar: 19.13g (21.25%), Cholesterol: 15.08mg (5.03%), Sodium: 88.7mg (3.86%), Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Caffeine: 9.14mg (3.05%), Protein: 3.02g (6.05%), Manganese: 0.32mg (15.96%), Copper: 0.17mg (8.45%), Phosphorus: 73.4mg (7.34%), Magnesium: 27.91mg (6.98%), Selenium: 3.88µg (5.55%), Iron: 0.98mg (5.42%), Vitamin B1: 0.08mg (5.26%), Calcium: 50.49mg (5.05%), Vitamin B2: 0.08mg (4.99%), Fiber: 1.22g (4.89%), Potassium: 127.36mg (3.64%), Zinc: 0.49mg (3.28%), Vitamin A: 137.86IU (2.76%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.1µg (1.68%), Folate: 6.48µg (1.62%), Vitamin B3: 0.31mg (1.56%), Vitamin E: 0.22mg (1.46%), Vitamin B6: 0.03mg (1.33%), Vitamin K: 1.11µg (1.06%)