



## Black and White Chocolate Macadamia Bars

READY IN



75 min.

SERVINGS



32

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter softened
- 1 eggs
- 2 tablespoons flour all-purpose
- 1 cup macadamia nuts chopped
- 0.3 cup vanilla extract white
- 12 oz semi chocolate chips (2 cups)
- 1 pouch sugar cookie mix (1 lb 1.5 oz)
- 14 oz condensed milk sweetened canned (not evaporated)
- 2 teaspoons vanilla

- 1 teaspoon vegetable oil

## Equipment

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

## Directions

- Heat oven to 350F. 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 5.06%  FAT 46.8%  CARBS 48.14%

## Properties

Glycemic Index:4.56, Glycemic Load:4.4, Inflammation Score:-2, Nutrition Score:3.854782640934%

## Nutrients (% of daily need)

Calories: 219.65kcal (10.98%), Fat: 11.34g (17.45%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 25.03g (9.1%), Sugar: 18.28g (20.31%), Cholesterol: 9.97mg (3.32%), Sodium: 85.74mg (3.73%), Alcohol: 0.64g (100%), Alcohol %: 1.67% (100%), Caffeine: 9.14mg (3.05%), Protein: 2.76g (5.52%), Manganese: 0.32mg (16.12%), Copper: 0.17mg (8.46%), Phosphorus: 70.78mg (7.08%), Magnesium: 27.94mg (6.99%), Iron: 0.95mg (5.3%), Vitamin B1: 0.08mg (5.24%), Selenium: 3.46µg (4.94%), Fiber: 1.22g (4.89%), Vitamin B2: 0.08mg (4.71%), Calcium: 47.13mg (4.71%), Potassium: 127.87mg (3.65%), Zinc: 0.48mg (3.17%), Vitamin A: 130.44IU (2.61%), Vitamin B5: 0.18mg (1.82%), Vitamin B3: 0.32mg (1.59%), Vitamin B12: 0.09µg (1.47%), Folate: 5.83µg (1.46%), Vitamin E: 0.2mg (1.36%), Vitamin B6: 0.02mg (1.23%), Vitamin K: 1.1µg (1.05%)