

# Cappuccino Bars

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



32

CALORIES



64 kcal

BEVERAGE

DRINK

## Ingredients

- 1 cup brown sugar packed
- 1 tablespoons hot-brewed coffee cold brewed
- 1 eggs
- 0.5 teaspoon ground cinnamon
- 2 tablespoons coffee instant
- 0.3 cup nuts chopped
- 1 cup powdered sugar
- 0.5 cup raisins

- 2 tablespoons shortening
- 0.3 teaspoon vanilla
- 0.5 cup water
- 1.5 cups frangelico
- 1.5 cups frangelico

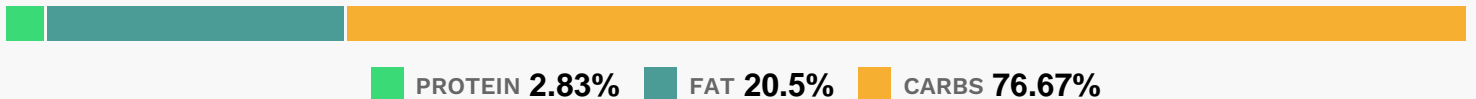
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Heat oven to 350F. Grease bottom and sides of 13x9-inch pan with shortening or cooking spray; lightly flour.
- In medium bowl, stir bar ingredients with spoon until well blended.
- Spread in pan.
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean.
- In small bowl, mix glaze ingredients until smooth and thin enough to drizzle.
- Drizzle glaze over warm bars. For bars, cut into 8 rows by 4 rows.
- Serve warm or cool.

## Nutrition Facts



## Properties

Glycemic Index:2.92, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:0.72521739355896%

## Nutrients (% of daily need)

Calories: 64.41kcal (3.22%), Fat: 1.52g (2.34%), Saturated Fat: 0.33g (2.03%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 12.55g (4.56%), Sugar: 10.35g (11.5%), Cholesterol: 5.11mg (1.7%), Sodium: 5.07mg (0.22%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Caffeine: 10mg (3.33%), Protein: 0.47g (0.95%), Manganese: 0.04mg (2.19%), Potassium: 47.99mg (1.37%), Copper: 0.03mg (1.34%), Magnesium: 5.09mg (1.27%), Fiber: 0.27g (1.09%), Iron: 0.19mg (1.07%), Phosphorus: 10.57mg (1.06%)