



Cathedral Window Holiday Bars

READY IN



45 min.

SERVINGS



24

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 ounce german chocolate sweet
- ☐ 10.5 ounce rainbow colored marshmallows miniature
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt

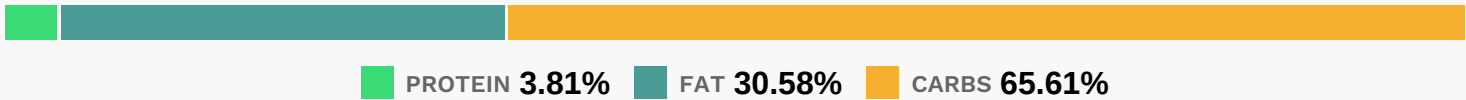
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Mix 1 cup butter, 1 cup brown sugar and 2 eggs. Stir in 2 cups flour and 1/2 teaspoon salt. Press in ungreased 9 x 13 pan.
- ☐ Bake for 25 minutes.
- ☐ Let cool.
- ☐ Heat chocolate and 1/2 cup butter over low heat, stirring constantly until melted.
- ☐ Remove from heat.
- ☐ Stir in 2 cups powdered sugar and 2 eggs. Beat until smooth. Stir in marshmallows and pecans.
- ☐ Spread mixture over cookie-base. Refrigerate 2 hours.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:11.86, Inflammation Score:-2, Nutrition Score:3.2504347872151%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 228.32kcal (11.42%), Fat: 7.96g (12.24%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 38.42g (12.81%), Net Carbohydrates: 37.69g (13.71%), Sugar: 26.63g (29.59%), Cholesterol: 23.81mg (7.94%), Sodium: 96.96mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Manganese: 0.28mg (14.19%), Vitamin B1: 0.11mg (7.57%), Selenium: 5.26µg (7.51%), Folate: 22.14µg (5.54%), Iron: 0.85mg (4.75%), Vitamin B2: 0.08mg (4.57%), Copper: 0.09mg (4.46%), Vitamin B3: 0.69mg (3.46%), Phosphorus: 33.58mg (3.36%), Fiber: 0.73g (2.92%), Vitamin A: 140.53IU (2.81%), Magnesium: 9.4mg (2.35%), Zinc: 0.34mg (2.26%), Calcium: 16.04mg (1.6%), Vitamin B5: 0.16mg (1.59%), Vitamin E: 0.22mg (1.45%), Potassium: 48.98mg (1.4%), Vitamin B6: 0.02mg (1.23%)