



Chewy Choco-Nut Triangles

READY IN



45 min.

SERVINGS



32

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz baker's chocolate white divided (6 oz.)
- 1.5 cups brown sugar packed
- 0.8 cup butter softened
- 1 tsp calumet baking powder
- 2 eggs
- 1.5 cups flour
- 1 cup planters peanuts salted coarsely chopped
- 1 oz baker's semi-sweet chocolate

Equipment

- frying pan
- oven
- blender
- toothpicks
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides. Spray with cooking spray. Beat butter and sugar with mixer until light and fluffy. Blend in eggs, flour and baking powder. Chop 5 oz. white chocolate; stir into batter with nuts.
- Spread onto bottom of prepared pan.
- Bake 20 to 25 min. or until toothpick inserted in center comes out clean. Cool completely.
- Microwave remaining white chocolate as directed on package; drizzle over dessert. Repeat with semi-sweet chocolate; let stand until firm. Use foil handles to lift dessert from pan before cutting into triangles to serve.

Nutrition Facts

 **PROTEIN 6.48%**  **FAT 47.74%**  **CARBS 45.78%**

Properties

Glycemic Index:8.97, Glycemic Load:4.74, Inflammation Score:-2, Nutrition Score:2.7656521831194%

Nutrients (% of daily need)

Calories: 153.32kcal (7.67%), Fat: 8.35g (12.84%), Saturated Fat: 4.06g (25.36%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 17.37g (6.32%), Sugar: 12.45g (13.83%), Cholesterol: 22.47mg (7.49%), Sodium: 80.72mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Manganese: 0.17mg (8.34%), Vitamin B3: 1.08mg (5.38%), Selenium: 3.58µg (5.12%), Folate: 18.27µg (4.57%), Phosphorus: 43.08mg (4.31%), Vitamin B1: 0.06mg (4.29%), Vitamin B2: 0.06mg (3.39%), Calcium: 33.6mg (3.36%), Iron: 0.58mg (3.22%), Magnesium: 12.35mg

(3.09%), Vitamin A: 149.31IU (2.99%), Copper: 0.06mg (2.93%), Fiber: 0.64g (2.57%), Potassium: 75.65mg (2.16%),
Vitamin B5: 0.17mg (1.75%), Zinc: 0.23mg (1.5%), Vitamin E: 0.2mg (1.3%), Vitamin B6: 0.03mg (1.28%)