



Chocolate crunch bars

 Popular

READY IN



25 min.

SERVINGS



12

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 100 g butter roughly chopped
- ☐ 300 g chocolate dark (such as Bournville)
- ☐ 3 tbsp golden syrup
- ☐ 140 g grands flaky refrigerator biscuits crushed
- ☐ 12 marshmallows quartered (use scissors)
- ☐ 110 g turkish bay leaf halved sliced (or use Maltesers, Milky Way or Crunchie bars)

Equipment

- ☐ frying pan

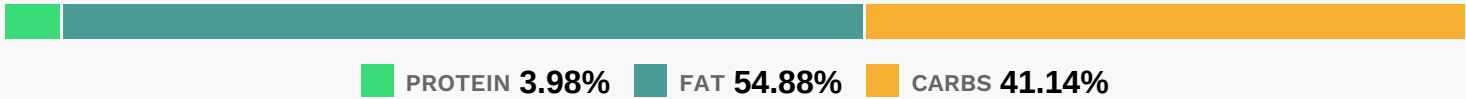
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aluminum foil

Directions

- ☐ Gently melt the butter, chocolate and syrup in a pan over a low heat, stirring frequently until smooth, then cool for about 10 mins.
- ☐ Stir the biscuits and sweets into the pan until well mixed, then pour into a 17cm square tin lined with foil and spread the mixture to roughly level it. Chill until hard, then cut into fingers.

Nutrition Facts



Properties

Glycemic Index:21.71, Glycemic Load:12.87, Inflammation Score:-6, Nutrition Score:11.631738999616%

Nutrients (% of daily need)

Calories: 337.77kcal (16.89%), Fat: 21.25g (32.7%), Saturated Fat: 11.56g (72.27%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 30.55g (11.11%), Sugar: 16.91g (18.79%), Cholesterol: 18.67mg (6.22%), Sodium: 107.47mg (4.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20mg (6.67%), Protein: 3.47g (6.94%), Manganese: 1.29mg (64.31%), Iron: 7.28mg (40.46%), Copper: 0.5mg (24.85%), Fiber: 5.29g (21.18%), Magnesium: 69.94mg (17.49%), Vitamin A: 794.99IU (15.9%), Calcium: 98.43mg (9.84%), Phosphorus: 97.62mg (9.76%), Vitamin B6: 0.18mg (8.89%), Zinc: 1.23mg (8.23%), Potassium: 239.86mg (6.85%), Folate: 26.27µg (6.57%), Vitamin B2: 0.1mg (5.74%), Vitamin C: 4.26mg (5.17%), Vitamin B3: 0.84mg (4.19%), Vitamin E: 0.63mg (4.17%), Selenium: 2.88µg (4.12%), Vitamin K: 3.69µg (3.52%), Vitamin B1: 0.05mg (3.4%), Vitamin B5: 0.15mg (1.49%), Vitamin B12: 0.08µg (1.4%)