



Chocolate Crust

READY IN



20 min.

SERVINGS



15

CALORIES



113 kcal

CRUST

Ingredients

- 2 oz semisweet chocolate baking squares
- 0.3 cup butter
- 1.3 cups breadcrumbs dry fine
- 0.3 cup sugar

Equipment

- frying pan
- sauce pan
- oven

wire rack

Directions

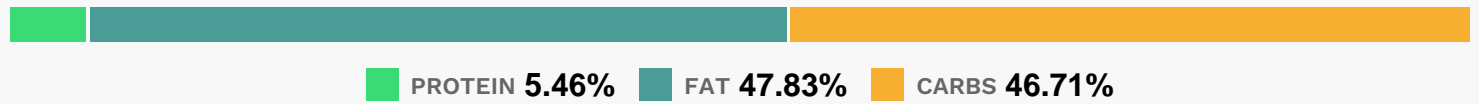
Preheat oven to 35

Stir together butter and chocolate in a medium-size heavy saucepan over low heat, stirring often, 3 to 5 minutes or until chocolate is melted.

Remove from heat, and stir in breadcrumbs and sugar until well blended. Press mixture onto bottom of a lightly greased 9-inch square pan.

Bake at 350 for 8 minutes. Cool on a wire rack 15 minutes. Chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:3.1, Inflammation Score:-1, Nutrition Score:2.3239130351854%

Nutrients (% of daily need)

Calories: 113.09kcal (5.65%), Fat: 6.06g (9.33%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.59g (4.58%), Sugar: 6.42g (7.13%), Cholesterol: 11.07mg (3.69%), Sodium: 103.13mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 1.56g (3.11%), Manganese: 0.14mg (6.92%), Vitamin B1: 0.09mg (6.29%), Selenium: 2.81µg (4.02%), Iron: 0.71mg (3.92%), Copper: 0.07mg (3.6%), Vitamin B3: 0.67mg (3.35%), Fiber: 0.73g (2.94%), Magnesium: 10.88mg (2.72%), Phosphorus: 26.88mg (2.69%), Folate: 10.42µg (2.61%), Vitamin A: 127.95IU (2.56%), Vitamin B2: 0.04mg (2.54%), Calcium: 21.17mg (2.12%), Zinc: 0.24mg (1.63%), Vitamin K: 1.26µg (1.2%), Potassium: 41.55mg (1.19%)