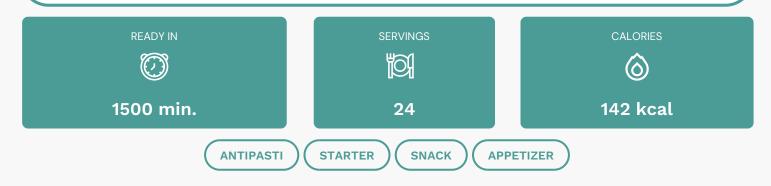


Chocolate Dulce de Leche Bars



Ingredients

o ounces bittersweet chocolate finely chopped (preferably in a food processor)
1 cup dulce de leche
4 large egg yolk
1 cup flour all-purpose
1 cup cup heavy whipping cream
0.3 cup brown sugar light packed
0.5 teaspoon salt
1 stick butter unsalted softened
0.5 teaspoon vanilla extract pure

Eq	Equipment		
	bowl		
	frying pan		
	sauce pan		
	baking paper		
	oven		
	knife		
	whisk		
	baking pan		
	wooden spoon		
	kitchen thermometer		
	offset spatula		
	cutting board		
Directions			
	Preheat oven to 375°F with rack in middle. Butter a shallow 9- to 9 1/2-inch square baking pan (1 to 1 1/2 inches deep). Line bottom and 2 sides with parchment paper, leaving an overhang. Butter parchment.		
	Blend together butter, brown sugar, vanilla, and salt in a bowl with a fork. Sift in flour and blend with fork until a soft dough forms.		
	Spread dough evenly in baking pan using an offset spatula or back of a spoon, then prick all		
	over with fork.		
	Bake until golden, 15 to 20 minutes, then cool completely in pan on a rack, about 30 minutes.		
	Bake until golden, 15 to 20 minutes, then cool completely in pan on a rack, about 30 minutes. Bring cream and dulce de lecheto a simmer in a small heavy saucepan, stirring with a wooden		

Nutrition Facts
Chocolate dulce de leche bars can be chilled in an airtight container up to 1 day.
Cut with a hot clean knife (dip in hot water and wipe clean between cuts) into 24 bars. Chill until ready to serve.
Run a small knife around edges to loosen, then transfer to a cutting board using parchment.
Pour chocolate mixture over cooled shortbread and chill, uncovered, until cold and set, about 2 hours.

PROTEIN 4.7% FAT 65.98% CARBS 29.32%

Properties

Glycemic Index:4.88, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:2.7682608680233%

Nutrients (% of daily need)

Calories: 141.6kcal (7.08%), Fat: 10.46g (16.1%), Saturated Fat: 6.28g (39.25%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 9.85g (3.58%), Sugar: 5.46g (6.07%), Cholesterol: 52.28mg (17.43%), Sodium: 54.56mg (2.37%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Caffeine: 5.08mg (1.69%), Protein: 1.68g (3.35%), Vitamin A: 307.25IU (6.14%), Selenium: 4.23µg (6.04%), Manganese: 0.12mg (5.89%), Copper: 0.09mg (4.34%), Iron: 0.73mg (4.03%), Phosphorus: 39.04mg (3.9%), Vitamin B2: 0.06mg (3.76%), Folate: 14.24µg (3.56%), Vitamin B1: 0.05mg (3.33%), Magnesium: 12.76mg (3.19%), Vitamin D: 0.38µg (2.55%), Fiber: 0.61g (2.45%), Vitamin E: 0.31mg (2.08%), Zinc: 0.29mg (1.92%), Vitamin B3: 0.37mg (1.85%), Calcium: 18.35mg (1.83%), Potassium: 56.9mg (1.63%), Vitamin B5: 0.16mg (1.6%), Vitamin B12: 0.09µg (1.5%), Vitamin K: 1.11µg (1.05%)