

## Chocolate Dulce de Leche Bars

READY IN



1500 min.

SERVINGS



24

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 5 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

## 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.
- Bring cream and dulce de lecheto a simmer in a small heavy saucepan, stirring with a wooden spoon until dulce de leche has dissolved.
- Whisk together yolks in a bowl, then slowly whisk in hot cream mixture. Return to pan and cook over medium heat, stirring constantly, until pan is visible in tracks of spoon and mixture registers 170°F on an instant-read thermometer.
- Remove from heat and whisk in chocolate until melted.

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

## Nutrition Facts



### 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%)