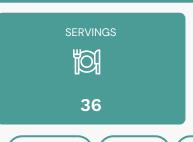


# **Chocolate-Frosted Mint Bars**







ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

2 teaspoons vanilla

8 oz cream cheese softened
O.3 cup granulated sugar
1 eggs
1 teaspoon peppermint extract
4 drops drop natural food coloring green
1 cup butter
4 oz baker's chocolate unsweetened cut into pieces
2 cups granulated sugar

<ul> <li>small bowl, beat cream cheese and 1/4 cup sugar with spoon until smooth. Stir in 1 egg, t mint extract and food color until well mixed; set aside.</li> <li>In 3-quart saucepan, melt 1 cup butter and 4 oz chocolate over very low heat, stirring constantly; remove from heat. Cool 15 minutes or until slightly cooled.</li> <li>Stir 2 cups sugar and 2 teaspoons vanilla into chocolate mixture.</li> <li>Add 4 eggs, one at a time, beating well with spoon after each addition. Stir in flour.</li> <li>Spread in pan. Carefully spoon cream cheese mixture over brownie mixture. Lightly swirl cream cheese mixture into brownie mixture with knife for marbled design.</li> <li>Bake 45 to 50 minutes or until set. Cool 30 minutes at room temperature. Refrigerate 1 meanwhile, in 2-quart saucepan, heat 2 tablespoons butter, the corn syrup and water to rolling boil, stirring frequently; remove from heat. Stir in 2 oz chocolate until melted. Stir in</li> </ul>		4 eggs	
2 tablespoons plus  2 tablespoons water  2 oz baker's chocolate unsweetened cut into pieces  1 teaspoon vanilla  1 cup powdered sugar  Equipment  bowl  frying pan  sauce pan  oven  knife  Directions  Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening; lightly fit small bowl, beat cream cheese and 1/4 cup sugar with spoon until smooth. Stir in 1 egg, t mint extract and food color until well mixed; set aside.  In 3-quart saucepan, melt 1 cup butter and 4 oz chocolate over very low heat, stirring constantly; remove from heat. Cool 15 minutes or until slightly cooled.  Stir 2 cups sugar and 2 teaspoons vanilla into chocolate mixture.  Add 4 eggs, one at a time, beating well with spoon after each addition. Stir in flour.  Spread in pan. Carefully spoon cream cheese mixture over brownie mixture. Lightly swird cream cheese mixture into brownie mixture with knife for marbled design.  Bake 45 to 50 minutes or until set. Cool 30 minutes at room temperature. Refrigerate 1 Meanwhile, in 2-quart saucepan, heat 2 tablespoons butter, the corn syrup and water to rolling boil, stirring frequently; remove from heat. Stir in 2 oz chocolate until melted. Stir in 2 oz chocolate until melted. Stir		1 cup flour all-purpose	
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with Chocolate Frosting. For bars, cut into 6 rows by 6 rows. Store covered in refrigerator.

### **Nutrition Facts**

PROTEIN 4.54% FAT 51.32% CARBS 44.14%

### **Properties**

Glycemic Index:7.26, Glycemic Load:10.92, Inflammation Score:-3, Nutrition Score:3.3556521309783%

#### **Flavonoids**

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

#### Nutrients (% of daily need)

Calories: 183.86kcal (9.19%), Fat: 11g (16.92%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 20.41g (7.42%), Sugar: 17.04g (18.94%), Cholesterol: 29.1mg (9.7%), Sodium: 97.49mg (4.24%), Alcohol: 0.15g (100%), Alcohol %: 0.42% (100%), Caffeine: 3.78mg (1.26%), Protein: 2.19g (4.38%), Manganese: 0.22mg (11.23%), Copper: 0.16mg (8.24%), Vitamin A: 370.98IU (7.42%), Iron: 1.11mg (6.14%), Selenium: 4.08µg (5.83%), Magnesium: 17.8mg (4.45%), Phosphorus: 43.15mg (4.31%), Vitamin B2: 0.07mg (4.14%), Zinc: 0.6mg (3.98%), Fiber: 0.88g (3.51%), Folate: 11.19µg (2.8%), Vitamin B1: 0.04mg (2.64%), Vitamin E: 0.36mg (2.39%), Potassium: 63.64mg (1.82%), Calcium: 17.34mg (1.73%), Vitamin B5: 0.16mg (1.59%), Vitamin B3: 0.28mg (1.41%), Vitamin B12: 0.08µg (1.26%)