



Chocolate-Frosted Mint Bars

READY IN



120 min.

SERVINGS



36

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.3 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
- ☐ 2 teaspoons vanilla

- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons plus
- ☐ 2 tablespoons water
- ☐ 2 oz baker's chocolate unsweetened cut into pieces
- ☐ 1 teaspoon vanilla
- ☐ 1 cup powdered sugar

Equipment

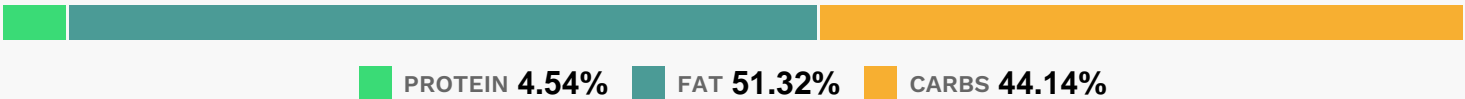
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening; lightly flour. In small bowl, beat cream cheese and 1/4 cup sugar with spoon until smooth. Stir in 1 egg, the 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 swirl 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 hour.
- ☐ 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 1 teaspoon vanilla and the powdered sugar. Beat with spoon until smooth. Frost chilled bars

with Chocolate Frosting. For bars, cut into 6 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



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, 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%)