



Chocolate-Mint Bars

READY IN



205 min.

SERVINGS



20

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons butter
- ☐ 16 ounce chocolate syrup canned
- ☐ 0.5 cup egg substitute
- ☐ 2 large eggs beaten
- ☐ 2 tablespoons skim milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 drops drop natural food coloring green

- ☐ 0.5 teaspoon peppermint extract
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

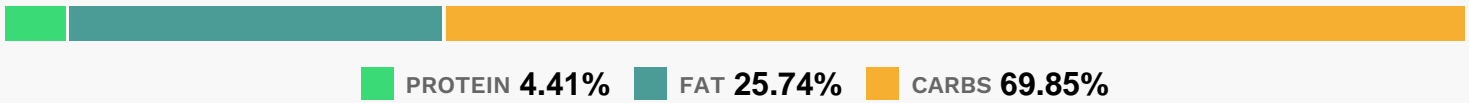
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare bottom layer, weigh or lightly spoon flour into a measuring cup; level with a knife.
- ☐ Combine flour and salt; stir with a whisk.
- ☐ Combine granulated sugar, egg substitute, cup melted butter, 2 tablespoons water, vanilla, eggs, and chocolate syrup in a medium bowl; stir until smooth.
- ☐ Add flour mixture to chocolate mixture, stirring until blended.
- ☐ Pour batter into a 13 x 9 inch metal baking pan coated with cooking spray.
- ☐ Bake at 350 for 23 minutes or until a wooden pick inserted in center comes out almost clean. Cool completely in pan on a wire rack.

- ☐ To prepare mint layer, combine powdered sugar, cup melted butter, and next 3 ingredients (through food coloring) in a medium bowl; beat with a mixer until smooth.
- ☐ Spread mint mixture over cooled cake.
- ☐ To prepare glaze, combine chocolate chips and 3 tablespoons butter in a medium microwave-safe bowl. Microwave at HIGH 1 minute or until melted, stirring after 30 seconds.
- ☐ Let stand 2 minutes.
- ☐ Spread chocolate mixture evenly over top. Cover and refrigerate until ready to serve.
- ☐ Cut into 20 pieces.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:10.46, Inflammation Score:-2, Nutrition Score:4.2721738880095%

Nutrients (% of daily need)

Calories: 257.09kcal (12.85%), Fat: 7.42g (11.41%), Saturated Fat: 4.31g (26.94%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 43.98g (15.99%), Sugar: 35.73g (39.7%), Cholesterol: 29.67mg (9.89%), Sodium: 127.11mg (5.53%), Alcohol: 0.1g (100%), Alcohol %: 0.17% (100%), Caffeine: 7.17mg (2.39%), Protein: 2.86g (5.72%), Manganese: 0.22mg (11.11%), Copper: 0.22mg (10.82%), Selenium: 7.23µg (10.33%), Iron: 1.42mg (7.86%), Magnesium: 29.83mg (7.46%), Phosphorus: 70.58mg (7.06%), Vitamin B2: 0.1mg (5.86%), Fiber: 1.3g (5.19%), Vitamin B1: 0.06mg (4.24%), Folate: 15.38µg (3.84%), Zinc: 0.53mg (3.5%), Potassium: 120.03mg (3.43%), Vitamin A: 170.32IU (3.41%), Vitamin B3: 0.52mg (2.58%), Vitamin B5: 0.24mg (2.38%), Vitamin E: 0.31mg (2.07%), Calcium: 18.98mg (1.9%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.21µg (1.42%), Vitamin B6: 0.02mg (1.2%)