



Chocolate Mud Bars from Everyday Baking

READY IN



45 min.

SERVINGS



16

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cake flour
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 large eggs at room temperature
- ☐ 1.3 cups graham cracker crumbs
- ☐ 3 tablespoons light-brown sugar packed
- ☐ 1 pinch salt
- ☐ 6 ounces bittersweet chocolate coarsely chopped
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted (1 stick)

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup walnuts coarsely chopped

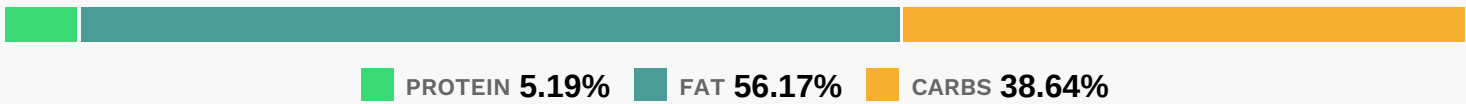
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Combine the graham cracker crumbs, brown sugar, cinnamon and salt in a medium bowl.
- ☐ Mix well with your hands.
- ☐ Combine the butter and chocolate in the top of a double boiler over not-quite-simmering water. When melted, whisk to smooth, then remove the pan from the heat. Scrape the chocolate into a medium bowl and cool to lukewarm. Preheat the oven to 325oF.
- ☐ Whisk the sugar, eggs, and vanilla into the lukewarm chocolate. Stir in the cake flour, mixing until smooth. Stir in the walnuts. Scrape the batter over the crust and smooth with a spoon.
- ☐ Bake on the center oven rack for 35 minutes only – no longer. Cool on a rack. Refrigerate an hour or so before slicing.
- ☐ Serve at room temperature. Makes 16 bars.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:11.1, Inflammation Score:-3, Nutrition Score:4.8156522198216%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 249.13kcal (12.46%), Fat: 15.91g (24.47%), Saturated Fat: 6.74g (42.11%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 23g (8.36%), Sugar: 17.19g (19.1%), Cholesterol: 39.14mg (13.05%), Sodium: 57.31mg (2.49%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Caffeine: 9.14mg (3.05%), Protein: 3.31g (6.61%), Manganese: 0.42mg (20.78%), Copper: 0.26mg (13.1%), Magnesium: 35.75mg (8.94%), Phosphorus: 82.29mg (8.23%), Iron: 1.31mg (7.26%), Fiber: 1.63g (6.51%), Selenium: 4.1µg (5.86%), Zinc: 0.74mg (4.94%), Vitamin A: 217.93IU (4.36%), Vitamin B2: 0.07mg (3.88%), Folate: 14µg (3.5%), Potassium: 119.92mg (3.43%), Vitamin B1: 0.05mg (3.18%), Vitamin B6: 0.06mg (3.1%), Calcium: 26.73mg (2.67%), Vitamin E: 0.35mg (2.35%), Vitamin B3: 0.45mg (2.25%), Vitamin B5: 0.19mg (1.89%), Vitamin D: 0.23µg (1.54%), Vitamin B12: 0.09µg (1.45%), Vitamin K: 1.49µg (1.42%)