



Chocolate-Nut Crunch Dessert

 Gluten Free

READY IN



530 min.

SERVINGS



12

CALORIES



501 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 2 teaspoons vanilla
- 0.3 cup butter firm
- 1 cup walnut pieces coarsely chopped
- 12 oz semi chocolate chips (2 cups)
- 10.5 oz marshmallows miniature ()
- 0.5 cup milk
- 2 cups whipping cream

2 cups frangelico

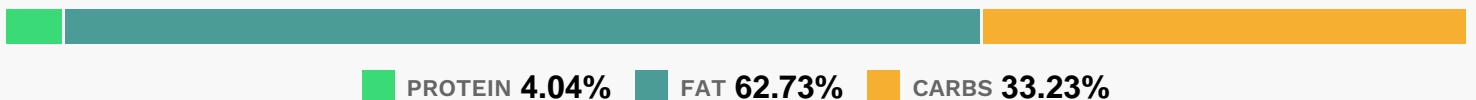
Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender
- hand mixer

Directions

- Heat oven to 375°F. In medium bowl, mix nut crunch ingredients. With pastry blender (or pulling 2 table knives through ingredients in opposite directions), cut in butter until crumbly. Stir in walnuts.
- Spread in ungreased 13x9-inch pan.
- Bake about 20 minutes or until golden brown. Cool completely, about 30 minutes.
- Meanwhile, in 3-quart saucepan, heat chocolate chips, marshmallows and milk over low heat, stirring constantly, just until chocolate and marshmallows are melted and mixture is smooth. Refrigerate about 30 minutes, stirring every 10 minutes, until mixture mounds slightly when dropped from a spoon.
- In chilled large bowl, beat whipping cream with electric mixer on high speed until stiff. Fold chocolate mixture into whipped cream. Fold 2 cups of the nut crunch into chocolate-cream mixture.
- In ungreased 13x9-inch pan, spread 1 cup of the nut crunch. Carefully spread chocolate-cream mixture over crunch.
- Sprinkle with remaining crunch (about 1 cup). Cover; refrigerate until set, at least 8 hours but no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:12.5, Inflammation Score:-6, Nutrition Score:8.8608696123828%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 501.1kcal (25.05%), Fat: 35.72g (54.95%), Saturated Fat: 16.96g (106%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 39.64g (14.42%), Sugar: 31.13g (34.59%), Cholesterol: 47.74mg (15.91%), Sodium: 83.39mg (3.63%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Caffeine: 24.38mg (8.13%), Protein: 5.17g (10.34%), Manganese: 0.72mg (35.79%), Copper: 0.54mg (27%), Magnesium: 70.43mg (17.61%), Vitamin A: 784.86IU (15.7%), Phosphorus: 144.01mg (14.4%), Iron: 2.21mg (12.25%), Fiber: 2.95g (11.78%), Zinc: 1.2mg (8.01%), Potassium: 266.98mg (7.63%), Calcium: 71.86mg (7.19%), Vitamin B2: 0.12mg (7.04%), Selenium: 4.72µg (6.74%), Vitamin E: 0.75mg (5.01%), Vitamin D: 0.75µg (4.98%), Vitamin B6: 0.09mg (4.27%), Vitamin B1: 0.06mg (3.78%), Vitamin K: 3.6µg (3.43%), Vitamin B5: 0.29mg (2.91%), Vitamin B12: 0.17µg (2.9%), Folate: 11.48µg (2.87%), Vitamin B3: 0.41mg (2.06%)