



Chocolate-Peppermint Bars

READY IN



160 min.

SERVINGS



1

CALORIES



3889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 0.8 cup chocolate morsels dark
- ☐ 2 cups flour all-purpose
- ☐ 12 peppermint candies hard crushed
- ☐ 0.8 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract

- ☐ 1 serving wax and parchment paper

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add sugar, beating until smooth. Stir in vanilla and almond extracts until blended.
- ☐ Stir together flour and next 2 ingredients. Gradually add flour mixture to butter mixture, beating at low speed until blended.
- ☐ Divide dough in half; flatten each into a disk.
- ☐ Roll each disk to 1/4-inch thickness between 2 sheets of wax paper.
- ☐ Transfer dough, in wax paper, to a baking sheet; chill 1 hour.
- ☐ Preheat oven to 35
- ☐ Working with 1 portion of dough at a time, remove top wax paper; cut into 2 1/2- x 3/4-inch rectangles, rerolling dough scraps once.
- ☐ Place 1 inch apart on parchment paper-lined baking sheets.
- ☐ Bake at 350 for 12 to 14 minutes or until edges are golden. Cool on baking sheets 1 minute; transfer to wire racks. Cool completely.
- ☐ Microwave dark chocolate morsels in a microwave-safe bowl at HIGH 1 1/2 minutes or until melted and smooth, stirring every 30 seconds.
- ☐ Drizzle over cookies.
- ☐ Sprinkle crushed hard peppermint candies over cookies.
- ☐ Let stand until firm. Store in airtight containers.

Nutrition Facts

PROTEIN 4% FAT 53.16% CARBS 42.84%

Properties

Glycemic Index:311, Glycemic Load:178.09, Inflammation Score:-10, Nutrition Score:50.752174061278%

Nutrients (% of daily need)

Calories: 3889.38kcal (194.47%), Fat: 228.95g (352.22%), Saturated Fat: 156.22g (976.35%), Carbohydrates: 415.11g (138.37%), Net Carbohydrates: 403.21g (146.62%), Sugar: 176.67g (196.3%), Cholesterol: 489.4mg (163.13%), Sodium: 2008.51mg (87.33%), Alcohol: 3.44g (100%), Alcohol %: 0.56% (100%), Protein: 38.78g (77.57%), Vitamin B1: 2.11mg (140.66%), Selenium: 94.58µg (135.12%), Folate: 493.66µg (123.42%), Vitamin A: 5686.23IU (113.72%), Manganese: 1.92mg (96.07%), Vitamin B2: 1.58mg (92.89%), Vitamin B3: 16.3mg (81.51%), Iron: 13.58mg (75.43%), Calcium: 562.42mg (56.24%), Phosphorus: 517.47mg (51.75%), Vitamin E: 7.54mg (50.24%), Fiber: 11.9g (47.59%), Zinc: 6.74mg (44.96%), Potassium: 1195.48mg (34.16%), Copper: 0.62mg (31.08%), Magnesium: 109.89mg (27.47%), Vitamin K: 27.03µg (25.75%), Vitamin B5: 2.36mg (23.61%), Vitamin B6: 0.29mg (14.75%), Vitamin B12: 0.76µg (12.73%), Vitamin C: 0.88mg (1.07%)