



Chocolate-Peppermint Shortbread Bars

READY IN



45 min.

SERVINGS



60

CALORIES



72 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 lb plus 2 tablespoons butter unsalted at room temperature
- ☐ 1.7 cups flour all-purpose
- ☐ 2 tablespoons peppermint candies crushed finely
- ☐ 2.5 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces chocolate unsweetened melted (see notes)
- ☐ 0.5 cup cocoa powder unsweetened

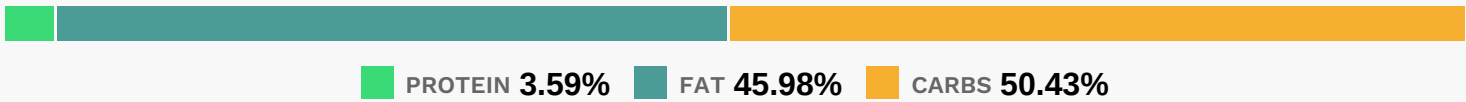
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a food processor or bowl, whirl or stir flour, cocoa powder, 1/2 cup powdered sugar, and the brown sugar and salt until well combined.
- ☐ Cut 1 cup butter into 1-inch slices; add to flour mixture and whirl or rub in with your fingers until mixture is blended and crumbly.
- ☐ Scatter dough evenly in a 10- by 15-inch rimmed baking pan. With your palm, pat dough to cover pan bottom.
- ☐ Bake in a 300 oven until slightly firm and dry to the touch, 30 to 35 minutes.
- ☐ Let cool completely on a rack.
- ☐ In a bowl, beat melted chocolate, remaining 2 tablespoons butter, remaining 2 cups powdered sugar, and 3 tablespoons hot water until smooth.
- ☐ Spread evenly over shortbread.
- ☐ Cut into 1- by 2-inch bars; sprinkle with crushed candy.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:1.2804347872734%

Flavonoids

Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 71.72kcal (3.59%), Fat: 3.86g (5.94%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 9.01g (3.28%), Sugar: 6.09g (6.77%), Cholesterol: 8.13mg (2.71%), Sodium: 35.1mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Manganese: 0.09mg (4.57%), Copper: 0.06mg (3.18%), Iron: 0.44mg (2.42%), Fiber: 0.52g (2.06%), Selenium: 1.43µg (2.05%), Vitamin B1: 0.03mg (1.96%), Magnesium: 7.59mg (1.9%), Vitamin A: 94.46IU (1.89%), Folate: 6.97µg (1.74%), Phosphorus: 13.73mg (1.37%), Vitamin B2: 0.02mg (1.3%), Vitamin B3: 0.24mg (1.18%), Zinc: 0.17mg (1.12%)