

Chocolate Raspberry Bars with White Chocolate and Almonds

 Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

16

CALORIES

calories

299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds salted chopped
- ☐ 21 ounce brownie mix recommended: Duncan Hines Chewy Fudge
- ☐ 3 eggs
- ☐ 0.7 cup raspberry jam
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 0.8 cup chocolate chips white melted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Position a baking rack in the center of the oven. Preheat the oven to 325 degrees F. Butter and flour a 9 by 13-inch baking pan.
- ☐ In a small saucepan, stir the jam constantly over low heat until pourable, about 1 minute. Set aside.
- ☐ In a large bowl, blend together the brownie mix, eggs, vegetable oil, and water. Using an electric hand mixer beat for 1 minute on medium speed.
- ☐ Pour the batter into the prepared pan. Spoon the jam over the top of the brownie batter. Using a small spatula, swirl jam into the brownie batter.
- ☐ Bake for 27 to 30 minutes or until a toothpick inserted about 1-inch from the edge of the pan comes out clean.
- ☐ Spread with the melted chocolate and sprinkle with salted almonds.
- ☐ Transfer the pan to a wire rack to cool.
- ☐ Cut into 16 bars and store airtight in a plastic container for up to 1 week.

Nutrition Facts



 **PROTEIN 5.74%**  **FAT 34.64%**  **CARBS 59.62%**

Properties

Glycemic Index:8.44, Glycemic Load:8.81, Inflammation Score:-1, Nutrition Score:3.2900000007256%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 298.67kcal (14.93%), Fat: 11.6g (17.84%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 44.18g (16.07%), Sugar: 30.53g (33.92%), Cholesterol: 32.46mg (10.82%), Sodium: 132.72mg (5.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin E: 1.44mg (9.6%), Iron: 1.45mg (8.03%), Vitamin B2: 0.12mg (7.25%), Phosphorus: 55.37mg (5.54%), Manganese: 0.11mg (5.54%), Selenium: 3.38µg (4.83%), Magnesium: 14.67mg (3.67%), Calcium: 36.38mg (3.64%), Copper: 0.07mg (3.59%), Vitamin K: 3.3µg (3.14%), Fiber: 0.73g (2.93%), Potassium: 79.18mg (2.26%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.2mg (2.02%), Vitamin B12: 0.12µg (2.01%), Folate: 7.99µg (2%), Vitamin C: 1.29mg (1.56%), Vitamin B6: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.34%), Vitamin B3: 0.24mg (1.18%), Vitamin D: 0.17µg (1.1%)