



Chocolate-Raspberry Mascarpone Bars

 Gluten Free

READY IN



520 min.

SERVINGS



8

CALORIES



600 kcal

SIDE DISH

Ingredients

- 5 ounces almond biscotti plain
- 0.3 cup brown sugar dark packed
- 5 large eggs at room temperature
- 0.5 cup granulated sugar
- 8 ounces mascarpone cheese at room temperature
- 0.5 cup raspberry jam such as bonne maman
- 0.5 cup semi chocolate chips such as ghirardelli
- 8 ounces cup heavy whipping cream sour at room temperature

- 5 tablespoons butter unsalted chilled chopped
- 0.3 cup cocoa powder unsweetened
- 1.5 teaspoons vanilla extract pure

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- whisk
- wire rack
- baking pan
- spatula

Directions

- Watch how to make this recipe.
- Special equipment: One 7-by-10 3/4-inch nonstick metal baking pan
- Place an oven rack in the middle of the oven and preheat to 325 degrees F.
- Spray the pan with vegetable oil cooking spray.
- Lay a 6-by-18-inch piece of parchment paper in the pan, allowing the excess paper to overhang the sides. Spray the parchment paper lightly with vegetable oil cooking spray.
- Blend the biscotti, butter, cocoa powder and brown sugar in a food processor until the mixture forms moist crumbs. Firmly press the crumbs onto the bottom of the pan.
- Bake for 15 minutes. Cool the crust completely, about 25 minutes.
- Spread the jam in an even layer over the crust using a spatula.

- Place the chocolate in a small bowl over a saucepan of barely simmering water. Stir occasionally until the chocolate is melted and smooth.
- Beat the cheese, sour cream, eggs, granulated sugar and vanilla until smooth, using a whisk, in a medium bowl.
- Pour the batter over the cooled crust. Randomly spoon the melted chocolate over the batter. Swirl the chocolate into the batter, using the tip of a knife.
- Bake until light golden and the center of the filling jiggles slightly when the pan is gently shaken, about 40 minutes.
- Transfer the baking dish to a wire rack and cool for 1 hour. Cover the pan with plastic and refrigerate for at least 6 hours or preferably overnight until firm.
- Run a thin spatula around the sedges of the pan to loosen the filling.
- Cut the bars into 1 1/2-by-2-inch bars using a damp knife.
- Serve at room temperature.

Nutrition Facts



■ **PROTEIN 7.66%**
■ **FAT 61.48%**
■ **CARBS 30.86%**

Properties

Glycemic Index:16.89, Glycemic Load:16.81, Inflammation Score:-7, Nutrition Score:13.57043492794%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 600.47kcal (30.02%), Fat: 41.9g (64.46%), Saturated Fat: 19.64g (122.78%), Carbohydrates: 47.32g (15.77%), Net Carbohydrates: 42.98g (15.63%), Sugar: 35.58g (39.53%), Cholesterol: 180.81mg (60.27%), Sodium: 80.5mg (3.5%), Alcohol: 0.26g (100%), Alcohol %: 0.19% (100%), Caffeine: 15.86mg (5.29%), Protein: 11.75g (23.49%), Vitamin E: 5.27mg (35.13%), Manganese: 0.68mg (34.22%), Vitamin B2: 0.43mg (25.1%), Copper: 0.48mg (23.98%), Phosphorus: 224.08mg (22.41%), Magnesium: 89.37mg (22.34%), Vitamin A: 966.73IU (19.33%), Selenium: 13.37µg (19.1%), Fiber: 4.34g (17.37%), Calcium: 156.16mg (15.62%), Iron: 2.47mg (13.72%), Zinc: 1.56mg (10.37%),

Potassium: 342.04mg (9.77%), Vitamin B5: 0.72mg (7.21%), Folate: 27.71µg (6.93%), Vitamin B12: 0.37µg (6.21%),
Vitamin B6: 0.1mg (5.18%), Vitamin D: 0.76µg (5.04%), Vitamin B3: 0.87mg (4.33%), Vitamin B1: 0.06mg (4.27%),
Vitamin C: 2.13mg (2.58%), Vitamin K: 2.01µg (1.91%)