



Chocolate Squares II

READY IN



10 min.

SERVINGS



16

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 arrowroot biscuits crushed
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 1 eggs beaten
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped

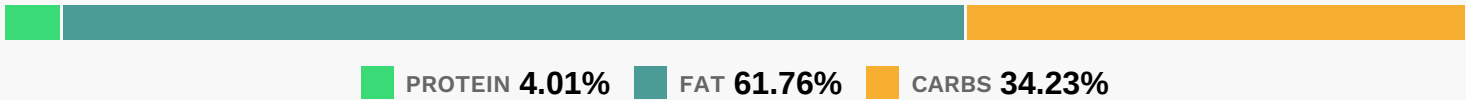
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Butter an 8x8 inch baking dish.
- ☐ In a saucepan over medium heat, melt together the butter, brown sugar and cocoa, stirring frequently until smooth.
- ☐ Remove from heat and stir in the egg and vanilla.
- ☐ Mix in the crushed cookies and walnuts. Press the mixture into the prepared pan and refrigerate until firm.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:3.8, Inflammation Score:-2, Nutrition Score:2.4747826092593%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 155.16kcal (7.76%), Fat: 10.94g (16.83%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 13.05g (4.74%), Sugar: 8.85g (9.83%), Cholesterol: 25.48mg (8.49%), Sodium: 84.76mg (3.69%), Alcohol: 0.09g (100%), Alcohol %: 0.36% (100%), Protein: 1.6g (3.19%), Manganese: 0.19mg (9.73%), Copper: 0.1mg (4.78%), Vitamin A: 200.92IU (4.02%), Folate: 12.95µg (3.24%), Vitamin B1: 0.05mg (3.17%), Iron: 0.57mg (3.17%), Phosphorus: 30.86mg (3.09%), Vitamin B2: 0.05mg (3.04%), Vitamin E: 0.45mg (2.99%), Magnesium: 11.33mg (2.83%), Selenium: 1.85µg (2.64%), Fiber: 0.6g (2.39%), Vitamin B3: 0.38mg (1.88%), Vitamin B6: 0.03mg (1.74%), Zinc: 0.25mg (1.64%), Vitamin K: 1.65µg (1.57%), Calcium: 14.58mg (1.46%), Potassium: 48.89mg (1.4%), Vitamin B5: 0.11mg (1.1%)