



Cinnamon-Mocha Fudge Bars

READY IN



65 min.

SERVINGS



36

CALORIES



130 kcal

DESSERT

Ingredients

- 1 teaspoon coffee instant
- 2 tablespoons water hot
- 17.5 oz basic cookie mix chunk
- 0.5 cup vegetable oil
- 0.5 teaspoon ground cinnamon
- 1 eggs
- 2 teaspoons coffee instant
- 0.3 cup water hot
- 3 cups powdered sugar

- 0.3 cup cocoa powder unsweetened
- 0.5 cup butter softened
- 0.5 teaspoon vanilla

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F. Spray bottom of 13x9-inch pan with cooking spray.
- In large bowl, dissolve 1 teaspoon instant coffee in 2 tablespoons hot water.
- Add remaining Bar ingredients; stir until soft dough forms.
- Spread in pan.
- Bake 15 minutes; cool completely, about 10 minutes.
- In large bowl, dissolve 2 teaspoons instant coffee in 1/4 cup hot water.
- Add remaining Frosting ingredients; stir until smooth.
- Spread over bars. Refrigerate 30 minutes or until set. For bars, cut into 9 rows by 4 rows.

Nutrition Facts



PROTEIN 2.47% **FAT 33.48%** **CARBS 64.05%**

Properties

Glycemic Index:1.53, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.71043478082056%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 130.44kcal (6.52%), Fat: 4.86g (7.48%), Saturated Fat: 2g (12.53%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 20.33g (7.39%), Sugar: 16.3g (18.11%), Cholesterol: 11.33mg (3.78%), Sodium: 36.97mg (1.61%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Caffeine: 3.99mg (1.33%), Protein: 0.81g (1.62%), Fiber: 0.59g (2.34%), Vitamin A: 85.47IU (1.71%), Manganese: 0.03mg (1.5%), Vitamin K: 1.36µg (1.3%), Copper: 0.02mg (1.24%)