



Creme de Menthe Bars

READY IN



45 min.

SERVINGS



24

CALORIES



232 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons butter
- ☐ 16 ounce chocolate syrup canned
- ☐ 2 cups confectioners' sugar
- ☐ 0.3 cup creme de menthe liqueur
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 1 tablespoon vanilla extract

☐ 1 cup sugar white

Equipment

☐ frying pan

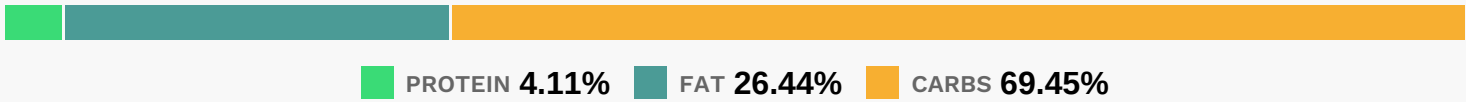
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 9x13 inch baking dish.
- ☐ Beat the white sugar with 1 cup of the butter or margarine until light and fluffy. Beat in the eggs. Then stir in the flour, salt, chocolate syrup and vanilla.
- ☐ Mix until combined.
- ☐ Pour batter into the prepared pan and bake at 350 degrees F (175 degrees C) for 30 minutes.
- ☐ Let cool then frost with Creme de Menthe Frosting. Refrigerate until set. Then spread Melted Chocolate topping over top.
- ☐ Let sit until set and cut into bars.
- ☐ Combine the confectioners' sugar, 1/2 cup butter or margarine and creme de menthe.
- ☐ Mix until smooth.
- ☐ To Make Melted Chocolate Topping: Melt the chocolate chips and 6 tablespoons butter together. Stir until smooth and spread evenly over the top of the cooled filling.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:8.69, Inflammation Score:-2, Nutrition Score:3.6591303913814%

Nutrients (% of daily need)

Calories: 232.36kcal (11.62%), Fat: 6.71g (10.32%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 39.64g (13.21%), Net Carbohydrates: 38.4g (13.96%), Sugar: 31.37g (34.85%), Cholesterol: 35.26mg (11.75%), Sodium: 96.28mg (4.19%), Alcohol: 0.92g (100%), Alcohol %: 1.82% (100%), Caffeine: 7.58mg (2.53%), Protein: 2.35g (4.7%),

Manganese: 0.21mg (10.61%), Copper: 0.21mg (10.34%), Selenium: 5.07µg (7.24%), Iron: 1.26mg (6.98%), Magnesium: 27.65mg (6.91%), Phosphorus: 64.9mg (6.49%), Fiber: 1.23g (4.93%), Vitamin B2: 0.08mg (4.56%), Folate: 13.46µg (3.37%), Vitamin B1: 0.05mg (3.21%), Zinc: 0.47mg (3.16%), Potassium: 102.57mg (2.93%), Vitamin A: 130.82IU (2.62%), Vitamin B3: 0.44mg (2.2%), Vitamin B5: 0.16mg (1.64%), Vitamin B12: 0.08µg (1.41%), Vitamin E: 0.21mg (1.4%), Calcium: 13.3mg (1.33%)