



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.

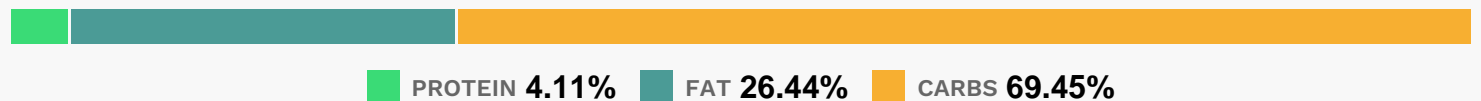
Let sit until set and cut into bars.

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%)