



Crispy chocolate fridge cake

READY IN



20 min.

SERVINGS



16

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 300 g chocolate dark
- ☐ 100 g butter diced
- ☐ 140 g golden syrup
- ☐ 1 tsp vanilla extract
- ☐ 200 g biscuits roughly chopped
- ☐ 100 g golden raisins
- ☐ 85 g rice krispies
- ☐ 100 g eggs mini
- ☐ 50 g chocolate white melted

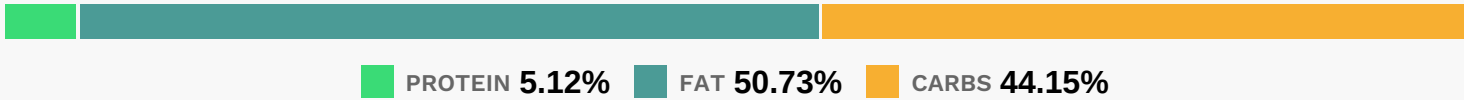
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Line a 20 x 30cm tin with baking parchment. Melt the chocolate, butter and golden syrup in a bowl set over a pan of simmering water, stirring occasionally, until smooth and glossy.
- ☐ Add the vanilla, biscuits, sultanas and Rice Krispies, and mix well until everything is coated.
- ☐ Tip the mixture into the tin, then flatten it down with the back of a spoon. Press in some mini eggs, if using, and put in the fridge until set. When hard, drizzle all over with the melted white chocolate and set again before cutting into chunks.

Nutrition Facts



Properties

Glycemic Index:20.48, Glycemic Load:13.68, Inflammation Score:-6, Nutrition Score:9.8447826634283%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 296.22kcal (14.81%), Fat: 16.86g (25.94%), Saturated Fat: 8.95g (55.94%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 30.53g (11.1%), Sugar: 17.99g (19.99%), Cholesterol: 38.03mg (12.68%), Sodium: 202.15mg (8.79%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 15mg (5%), Protein: 3.83g (7.66%), Manganese: 0.51mg (25.26%), Iron: 4.49mg (24.94%), Copper: 0.38mg (19.03%), Phosphorus: 144.72mg (14.47%), Vitamin E: 1.94mg (12.91%), Magnesium: 49.78mg (12.44%), Folate: 44.69µg (11.17%), Vitamin A: 551.83IU (11.04%), Vitamin B1: 0.16mg (10.61%), Vitamin B2: 0.17mg (10.08%), Fiber: 2.48g (9.93%), Selenium: 6.83µg (9.76%), Vitamin B12: 0.54µg (8.96%), Vitamin B6: 0.17mg (8.53%), Vitamin B3: 1.68mg (8.38%), Potassium: 234.78mg (6.71%), Zinc: 0.88mg (5.89%), Vitamin C: 3.58mg (4.34%), Calcium: 34.64mg (3.46%), Vitamin D: 0.45µg (3.03%), Vitamin B5: 0.28mg (2.78%), Vitamin K: 2.84µg (2.71%)