



Crunch Bars

READY IN



45 min.

SERVINGS



26

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup brown sugar light packed ()
- ☐ 6 ounces bittersweet chocolate finely chopped
- ☐ 0.5 teaspoons sea salt fine
- ☐ 26 servings sea salt (such as Maldon)
- ☐ 0.3 cup sugar
- ☐ 1 cup butter unsalted plus more for dish room temperature (2 sticks)
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Arrange a rack in middle of oven; preheat to 375°F. Line the bottom and sides of a 13x9x2" metal or glass baking dish with foil, allowing 2" overhang on either side; butter foil in dish.
- ☐ Using an electric mixer at medium speed, beat 1 cup butter in a large bowl until smooth, about 3 minutes.
- ☐ Add both sugars and salt; continue to beat until mixture is light and creamy, about 3 minutes longer. Beat in vanilla, then slowly mix in flour, beating until entirely incorporated (dough will be wet and sticky).
- ☐ Scrape dough into prepared dish. Using your fingertips, spread into a thin, even layer.
- ☐ Bake cookie base until it is golden brown and has begun to puff and crack, about 22 minutes. DO AHEAD: Base can be made 2 days ahead.
- ☐ Let cool completely and store airtight at room temperature.
- ☐ Preheat oven to 375°F. Scatter chopped chocolate evenly over cookie base and bake just until chocolate is soft and has begun to melt, about 2 minutes. Immediately spread chocolate in an even layer over base.
- ☐ Scatter toppings over warm chocolate; lightly but firmly press into chocolate.
- ☐ Sprinkle with salt.
- ☐ Let cool in dish on a wire rack for 15 minutes. Using foil overhang, lift cookie from dish.
- ☐ Place on rack; let cool until chocolate is set, about 2 hours.
- ☐ Carefully remove foil from cookie and slide onto a cutting board.
- ☐ Cut into bars. DO AHEAD: Crunch Bars can be made 5 days ahead. Store airtight at room temperature.

Nutrition Facts



PROTEIN 3.22% **FAT 57.22%** **CARBS 39.56%**

Properties

Glycemic Index:5.58, Glycemic Load:5.32, Inflammation Score:-2, Nutrition Score:2.414347830026%

Nutrients (% of daily need)

Calories: 150.87kcal (7.54%), Fat: 9.66g (14.87%), Saturated Fat: 5.94g (37.11%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 14.31g (5.21%), Sugar: 8.48g (9.42%), Cholesterol: 19.16mg (6.39%), Sodium: 241.49mg (10.5%), Alcohol: 0.08g (100%), Alcohol %: 0.34% (100%), Caffeine: 5.63mg (1.88%), Protein: 1.22g (2.45%), Manganese: 0.14mg (7.01%), Copper: 0.1mg (4.8%), Selenium: 3.14µg (4.49%), Vitamin A: 221.45IU (4.43%), Iron: 0.78mg (4.35%), Vitamin B1: 0.06mg (3.94%), Magnesium: 13.69mg (3.42%), Folate: 13.5µg (3.38%), Fiber: 0.72g (2.87%), Phosphorus: 27.08mg (2.71%), Vitamin B2: 0.04mg (2.49%), Vitamin B3: 0.49mg (2.45%), Vitamin E: 0.25mg (1.64%), Zinc: 0.23mg (1.56%), Potassium: 52.96mg (1.51%), Calcium: 10.94mg (1.09%), Vitamin K: 1.1µg (1.05%)