



Crunch Bars

READY IN



45 min.

SERVINGS



26

CALORIES



177 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

- ☐ 1 cups pistachios such as cocoa nibs, crushed candy, toasted chopped almonds and pistachios, lightly toasted coconut, and popcorn assorted

Equipment

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

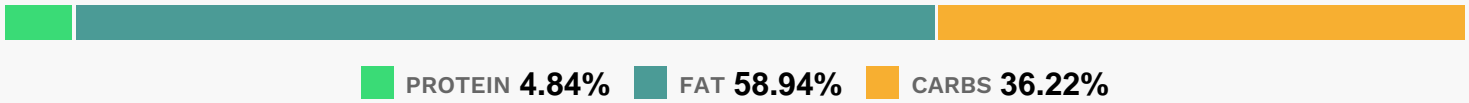
Directions

- ☐ 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 daysahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:5.47, Inflammation Score:-3, Nutrition Score:3.5234782877176%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 177.46kcal (8.87%), Fat: 11.81g (18.17%), Saturated Fat: 6.2g (38.75%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 15.13g (5.5%), Sugar: 8.84g (9.82%), Cholesterol: 19.16mg (6.39%), Sodium: 241.54mg (10.5%), Alcohol: 0.08g (100%), Alcohol %: 0.29% (100%), Caffeine: 5.63mg (1.88%), Protein: 2.18g (4.37%), Manganese: 0.2mg (9.85%), Copper: 0.16mg (7.87%), Vitamin B1: 0.1mg (6.69%), Iron: 0.97mg (5.38%), Phosphorus: 50.26mg (5.03%), Selenium: 3.48µg (4.97%), Magnesium: 19.41mg (4.85%), Vitamin A: 241.09IU (4.82%), Fiber: 1.21g (4.82%), Vitamin B6: 0.09mg (4.39%), Folate: 15.91µg (3.98%), Vitamin B2: 0.05mg (2.94%), Potassium: 101.45mg (2.9%), Vitamin B3: 0.55mg (2.76%), Vitamin E: 0.35mg (2.36%), Zinc: 0.34mg (2.25%), Calcium: 15.9mg (1.59%), Vitamin K: 1.1µg (1.05%)