



Dark Chocolate Crumb Bars

READY IN



70 min.

SERVINGS



30

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup butter softened
- 1.7 cups nestle® toll house® chocolate morsels dark divided
- 14 ounce nestle® carnation® condensed milk sweetened canned
- 1.8 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

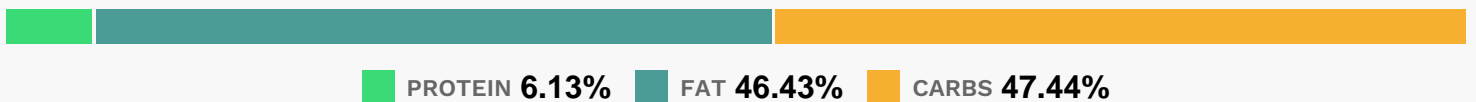
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- blender
- baking pan

Directions

- Preheat oven to 350 degrees F. Grease 13 x 9-inch baking pan.
- Beat butter in large mixer bowl until creamy. Beat in flour, sugar and salt until crumbly. With floured fingers, press 2 cups crumb mixture onto bottom of prepared baking pan; reserve remaining mixture.
- Bake for 10 to 12 minutes or until edges are golden brown.
- Combine 1 cup morsels and sweetened condensed milk in small, heavy-duty saucepan. Warm over low heat, stirring until smooth. Stir in vanilla extract.
- Spread over hot crust.
- Stir nuts and remaining 2/3 cup morsels into reserved crumb mixture; sprinkle over chocolate filling.
- Bake for 25 to 30 minutes or until center is set. Cool in pan on wire rack.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:8.54, Glycemic Load:9.97, Inflammation Score:-2, Nutrition Score:3.0513043572073%

Nutrients (% of daily need)

Calories: 172.64kcal (8.63%), Fat: 8.97g (13.8%), Saturated Fat: 6.55g (40.97%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 20.05g (7.29%), Sugar: 12.86g (14.29%), Cholesterol: 16.8mg (5.6%), Sodium: 83.55mg (3.63%),

Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 2.66g (5.33%), Selenium: 5.02µg (7.17%), Calcium: 70.38mg (7.04%), Vitamin B2: 0.11mg (6.55%), Phosphorus: 55.32mg (5.53%), Vitamin B1: 0.08mg (5.3%), Folate: 17.07µg (4.27%), Zinc: 0.53mg (3.56%), Vitamin A: 178.14IU (3.56%), Potassium: 121.79mg (3.48%), Manganese: 0.06mg (3.25%), Vitamin B3: 0.57mg (2.83%), Iron: 0.5mg (2.75%), Fiber: 0.58g (2.31%), Magnesium: 8.77mg (2.19%), Vitamin B5: 0.21mg (2.12%), Vitamin E: 0.31mg (2.09%), Vitamin B12: 0.1µg (1.6%), Copper: 0.03mg (1.55%), Vitamin K: 1.27µg (1.21%), Vitamin B6: 0.02mg (1.16%)