



Easy Grasshopper Bars

 Popular

READY IN



60 min.

SERVINGS



36

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 17.5 oz basic cookie mix chunk
- 0.3 cup vegetable oil
- 2 tablespoons water
- 1 eggs
- 3 cups powdered sugar
- 3 oz cream cheese softened
- 0.3 cup butter softened
- 2 tablespoons milk

- 0.3 teaspoon peppermint extract
- 3 drops drop natural food coloring green
- 1 oz baker's chocolate unsweetened
- 1 tablespoon butter

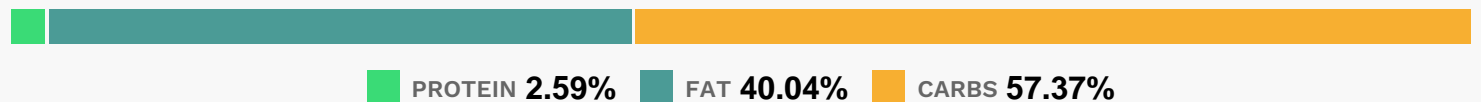
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Heat oven to 350°F. Spray bottom of 13x9-inch pan with cooking spray.
- In large bowl, stir all Bar ingredients until soft dough forms. Press into pan; bake 15 minutes. Cool about 10 minutes.
- In large bowl, stir all Frosting ingredients until smooth.
- Spread over bars.
- In small microwavable bowl, microwave all Glaze ingredients on High 30 seconds; stir until smooth.
- Drizzle over frosting. Refrigerate 30 minutes or until set. For bars, cut into 9 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.93173912621063%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg

Nutrients (% of daily need)

Calories: 145.32kcal (7.27%), Fat: 6.48g (9.97%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 20.4g (7.42%), Sugar: 16.42g (18.24%), Cholesterol: 11.26mg (3.75%), Sodium: 37.01mg (1.61%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 0.94g (1.89%), Vitamin K: 3.98µg (3.79%), Fiber: 0.48g (1.92%), Vitamin A: 88.79IU (1.78%), Manganese: 0.03mg (1.7%), Vitamin E: 0.25mg (1.65%), Copper: 0.03mg (1.38%), Iron: 0.22mg (1.21%), Vitamin B2: 0.02mg (1.14%), Selenium: 0.74µg (1.05%)