



## German Chocolate Bars

 **Gluten Free**

READY IN



**170 min.**

SERVINGS



**48**

CALORIES



**85 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.7 cup butter softened
- 1 box german chocolate
- 1 cup semi chocolate chips
- 15.5 oz betty rich & creamy coconut pecan frosting
- 3 tablespoons milk

### Equipment

- bowl
- frying pan

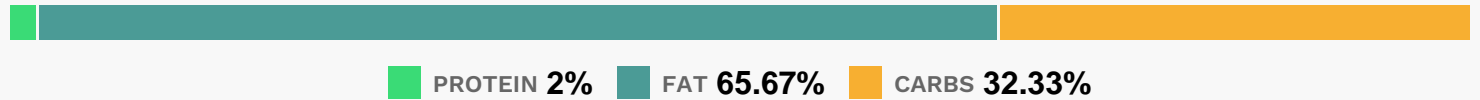
oven

knife

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Lightly grease or spray bottom and sides of 13x9-inch pan.
- In medium bowl, mix butter and cake mix with fork until crumbly; reserve 1 cup. Press remaining mixture in bottom of pan.
- Bake 10 minutes.
- Sprinkle chocolate chips over baked layer. Drop frosting by tablespoonfuls over chocolate chips. Stir milk into reserved cake mixture. Drop by teaspoonfuls onto frosting layer.
- Bake 24 to 28 minutes or until cake portion is slightly dry to touch; cool 10 minutes. Carefully loosen edges of bars with knife. Cool completely. Refrigerate until firm. For bars, cut into 8 rows by 6 rows. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:0.79, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1278260969759%

## Nutrients (% of daily need)

Calories: 84.7kcal (4.24%), Fat: 6.21g (9.55%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.35g (2.31%), Sugar: 5.09g (5.66%), Cholesterol: 0.34mg (0.11%), Sodium: 48.31mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.22mg (1.08%), Protein: 0.43g (0.85%), Manganese: 0.11mg (5.57%), Copper: 0.06mg (2.91%), Vitamin A: 116.53IU (2.33%), Magnesium: 8.55mg (2.14%), Fiber: 0.53g (2.12%), Phosphorus: 17.19mg (1.72%), Iron: 0.29mg (1.6%), Vitamin E: 0.22mg (1.47%), Potassium: 41.02mg (1.17%)