



Gluten-Free Easy Grasshopper Bars

READY IN



75 min.

SERVINGS



36

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz duncan hines devil's food cake gluten free
- 0.3 cup vegetable oil
- 2 tablespoons water
- 1 eggs
- 16 oz cream cheese frosting
- 0.3 teaspoon peppermint extract
- 3 drops drop natural food coloring green
- 1 oz baker's chocolate unsweetened
- 1 tablespoon butter

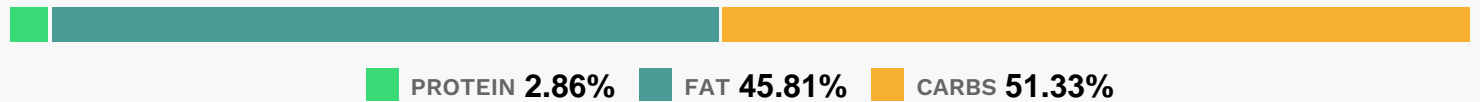
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Heat oven to 350°F. Spray bottom only of 13x9-inch pan with cooking spray. In large bowl, stir bar ingredients until soft dough forms. Press dough in bottom of pan.
- Bake 15 minutes. Cool about 10 minutes.
- In frosting container, stir in mint extract and food color.
- Spread over bars.
- In small microwavable bowl, microwave glaze ingredients uncovered on High 30 seconds; stir until smooth.
- Drizzle over frosting. Refrigerate 30 minutes or until set. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:1.39, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.720434781002%

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: 129.25kcal (6.46%), Fat: 6.88g (10.59%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 16.94g (6.16%), Sugar: 12.55g (13.94%), Cholesterol: 5.38mg (1.79%), Sodium: 125.99mg (5.48%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 0.97g (1.94%), Vitamin K: 4.27µg (4.06%), Iron: 0.71mg (3.95%), Copper: 0.08mg (3.81%), Phosphorus: 37.94mg (3.79%), Manganese: 0.06mg (3.06%), Selenium: 1.97µg (2.82%), Magnesium: 8.55mg (2.14%), Vitamin E: 0.32mg (2.14%), Folate: 8.13µg (2.03%), Calcium: 19.7mg (1.97%),

Fiber: 0.41g (1.66%), Vitamin B2: 0.03mg (1.54%), Potassium: 51.75mg (1.48%), Vitamin B1: 0.02mg (1.45%), Zinc: 0.19mg (1.26%), Vitamin B3: 0.2mg (1.01%)