



Gluten-Free Easy Grasshopper Bars

 Popular

READY IN



75 min.

SERVINGS



36

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

☐ 2 tablespoons water

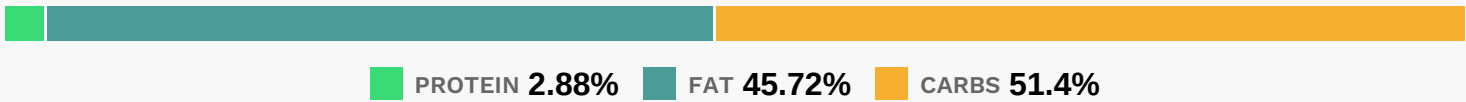
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350F. 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:1.7373912969361%

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: 129.99kcal (6.5%), Fat: 6.91g (10.63%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 17.06g (6.2%), Sugar: 12.61g (14.01%), Cholesterol: 5.38mg (1.79%), Sodium: 127.5mg (5.54%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 0.98g (1.96%), Vitamin K: 4.28µg (4.07%), Iron: 0.72mg (3.99%), Copper: 0.08mg (3.85%), Phosphorus: 38.44mg (3.84%), Manganese: 0.06mg (3.08%), Selenium: 1.99µg

(2.85%), Vitamin E: 0.32mg (2.16%), Magnesium: 8.63mg (2.16%), Folate: 8.25µg (2.06%), Calcium: 19.98mg (2%), Fiber: 0.42g (1.67%), Vitamin B2: 0.03mg (1.56%), Potassium: 52.36mg (1.5%), Vitamin B1: 0.02mg (1.47%), Zinc: 0.19mg (1.27%), Vitamin B3: 0.21mg (1.03%)