



Grasshopper Bars

 Dairy Free

READY IN



250 min.

SERVINGS



50

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons creme de cacao liqueur white
- ☐ 2 tablespoons crème de cassis liqueur green
- ☐ 2 eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 3 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 ounces baker's chocolate unsweetened
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla

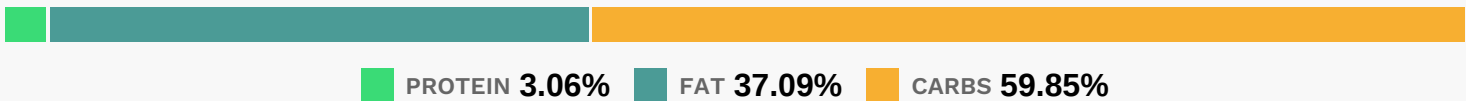
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Grease square pan, 8x8x2 inches. In medium bowl, beat granulated sugar, 1/2 cup butter, the vanilla and eggs with electric mixer on medium speed, or stir with spoon. Stir in flour, cocoa, baking powder and salt.
- ☐ Spread in pan.
- ☐ Bake 25 to 30 minutes or until toothpick inserted in center comes out clean; cool 15 minutes.
- ☐ Mix remaining ingredients except chocolate; spread over brownies. Refrigerate 15 minutes.
- ☐ In 1-quart saucepan, heat chocolate over low heat until melted; spread evenly over powdered sugar mixture. Refrigerate at least 3 hours. For bars, cut into 5 rows by 5 rows; cut each bar diagonally in half to form triangles.

Nutrition Facts



Properties

Glycemic Index:4.74, Glycemic Load:3.72, Inflammation Score:-1, Nutrition Score:1.2630434882544%

Flavonoids

Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 89.95kcal (4.5%), Fat: 3.81g (5.86%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 13.32g (4.84%), Sugar: 11.5g (12.77%), Cholesterol: 6.55mg (2.18%), Sodium: 66.31mg (2.88%), Alcohol: 0.32g (100%), Alcohol %: 1.88% (100%), Protein: 0.71g (1.41%), Manganese: 0.08mg (4.06%), Copper: 0.07mg (3.26%), Vitamin A: 144.83IU (2.9%), Iron: 0.39mg (2.15%), Fiber: 0.5g (2.02%), Magnesium: 7.78mg (1.95%), Selenium: 1.37µg (1.95%), Phosphorus: 16.75mg (1.68%), Vitamin B2: 0.02mg (1.34%), Zinc: 0.18mg (1.18%), Folate: 4.43µg (1.11%), Vitamin B1: 0.02mg (1.07%)