



Marbled-Chocolate Treats

READY IN



75 min.

SERVINGS



15

CALORIES



134 kcal

DESSERT

Ingredients

- 3 oz baker's chocolate white
- 0.5 cup creamy peanut butter
- 2 1/ graham crackers (17 squares)
- 4 oz baker's semi-sweet chocolate (6 oz.)

Equipment

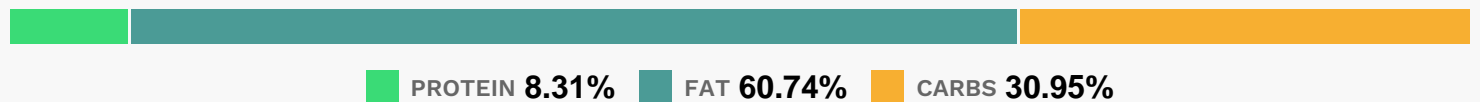
- bowl
- frying pan
- knife

- aluminum foil
- microwave

Directions

- Line 13x9-inch pan with foil, with ends of foil extending over sides.
- Place grahams on bottom of pan, cutting as needed to completely cover bottom.
- Microwave semi-sweet chocolate and peanut butter in medium microwaveable bowl on HIGH 1-1/2 to 2 min. or until chocolate is completely melted and mixture is well blended, stirring every 30 sec.
- Pour over grahams; spread to completely cover grahams.
- Melt white chocolate as directed on package. Drop spoonfuls over semi-sweet chocolate; swirl gently with knife.
- Refrigerate 1 hour or until firm. Use foil handles to lift dessert from pan; peel off foil.
- Cut dessert into bars.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:3.56, Inflammation Score:-1, Nutrition Score:3.2478260844136%

Nutrients (% of daily need)

Calories: 133.59kcal (6.68%), Fat: 9.3g (14.3%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 9.57g (3.48%), Sugar: 7.45g (8.28%), Cholesterol: 1.64mg (0.55%), Sodium: 55.05mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.5mg (2.17%), Protein: 2.86g (5.72%), Manganese: 0.23mg (11.33%), Magnesium: 29.62mg (7.41%), Copper: 0.13mg (6.72%), Vitamin B3: 1.32mg (6.6%), Phosphorus: 62.56mg (6.26%), Vitamin E: 0.88mg (5.88%), Fiber: 1.09g (4.37%), Iron: 0.72mg (3.98%), Zinc: 0.5mg (3.31%), Potassium: 110.89mg (3.17%), Vitamin B2: 0.04mg (2.39%), Vitamin B6: 0.05mg (2.29%), Calcium: 21.66mg (2.17%), Folate: 8.65µg (2.16%), Selenium: 1.24µg (1.78%), Vitamin B5: 0.15mg (1.48%), Vitamin B1: 0.02mg (1.47%), Vitamin K: 1.09µg (1.03%)