



## Mississippi Mud Bars

READY IN



50 min.

SERVINGS



50

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz baker's chocolate white divided chopped (6 oz.)
- 0.5 tsp baking soda
- 0.8 cup firmly brown sugar packed
- 0.5 cup butter softened (1 stick)
- 1 eggs
- 1 cup flour
- 0.3 tsp salt
- 8 oz baker's semi-sweet chocolate divided chopped
- 1 tsp vanilla

- 1 cup planters walnuts divided chopped

## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- baking pan
- hand mixer
- toothpicks
- aluminum foil

## Directions

- Preheat oven to 350F. Line 9-inch square baking pan with foil, with ends of foil extending over sides of pan. Grease foil.
- Beat butter, sugar, egg and vanilla in large bowl with electric mixer on medium speed until light and fluffy.
- Add flour, baking soda and salt; mix well. Stir in half each of the chocolates and walnuts.
- Spread into prepared pan.
- Bake 25 min. or until toothpick inserted in center comes out almost clean. (Do not overbake.)
- Remove from oven.
- Sprinkle with remaining chocolates. Cover with foil.
- Let stand 5 min. or until chocolates are melted.
- Cut through chocolates with knife several times for marble effect.
- Sprinkle with remaining 1/2 cup walnuts. Cool in pan on wire rack. Lift dessert from pan, using foil handles.
- Cut into 32 bars. Store in tightly covered container at room temperature.

## Nutrition Facts



■ PROTEIN 4.89% ■ FAT 56.22% ■ CARBS 38.89%

## Properties

Glycemic Index:3.3, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:1.9117391182353%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

## Nutrients (% of daily need)

Calories: 93.25kcal (4.66%), Fat: 5.93g (9.12%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 8.63g (3.14%), Sugar: 6.29g (6.98%), Cholesterol: 4.02mg (1.34%), Sodium: 50.39mg (2.19%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Caffeine: 3.9mg (1.3%), Protein: 1.16g (2.32%), Manganese: 0.16mg (7.99%), Copper: 0.1mg (5.05%), Magnesium: 12.98mg (3.25%), Phosphorus: 28.98mg (2.9%), Iron: 0.52mg (2.86%), Selenium: 1.76µg (2.51%), Fiber: 0.59g (2.37%), Vitamin B1: 0.03mg (2.07%), Folate: 7.5µg (1.87%), Vitamin A: 89.37IU (1.79%), Vitamin B2: 0.03mg (1.73%), Zinc: 0.24mg (1.6%), Potassium: 51.88mg (1.48%), Calcium: 13.92mg (1.39%), Vitamin B3: 0.23mg (1.17%)