



## Mochachino Dessert Bars with White Mocha Drizzle

READY IN



100 min.

SERVINGS



20

CALORIES



215 kcal

DESSERT

### Ingredients

- ☐ 17.5 oz basic cookie mix chunk
- ☐ 0.3 cup vegetable oil
- ☐ 3 tablespoons strong coffee decoction room temperature brewed ()
- ☐ 1 eggs
- ☐ 0.5 cup macadamia nuts coarsely chopped
- ☐ 0.5 cup coconut flakes flaked toasted
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 3 oz baker's chocolate white coarsely chopped

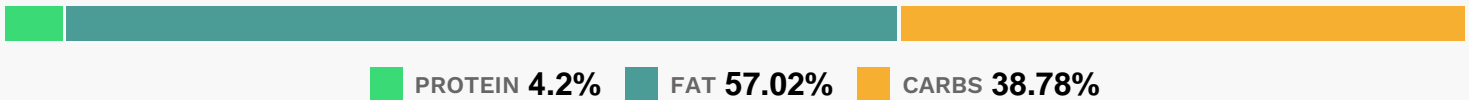
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

# Directions

- ☐ Heat oven to 350°F. Line 9-inch square baking pan with foil. Spray bottom and sides of foil-lined pan with cooking spray.
- ☐ In large bowl, stir cookie mix, oil, 2 tablespoons of the coffee, egg, 1/2 cup of the macadamia nuts and coconut until soft dough forms.
- ☐ Spread dough in bottom of pan.
- ☐ Bake 20 to 25 minutes or just until set. Cool completely, about 1 hour.
- ☐ In small microwavable bowl, microwave whipping cream, white chocolate and remaining 1 tablespoon coffee uncovered on High about 1 1/2 minutes, stirring every 30 seconds until chocolate is melted and mixture is smooth.
- ☐ To serve, remove bars from pan by lifting foil; cut into 5 rows by 4 rows.
- ☐ Place each bar on an individual dessert plate. Spoon warm drizzle over the top of each bar.
- ☐ Sprinkle with remaining macadamia nuts.
- ☐ Serve immediately. Store bars tightly covered at room temperature. Store drizzle covered in refrigerator.

# Nutrition Facts



# Properties

Glycemic Index:0.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:3.5547826367876%

## Flavonoids

Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg

## Nutrients (% of daily need)

Calories: 214.78kcal (10.74%), Fat: 13.91g (21.4%), Saturated Fat: 5.22g (32.61%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 19.32g (7.03%), Sugar: 12.21g (13.57%), Cholesterol: 14.91mg (4.97%), Sodium: 32.8mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.29mg (1.43%), Protein: 2.31g (4.61%), Manganese: 0.38mg (18.76%), Copper: 0.18mg (9.1%), Fiber: 1.97g (7.88%), Iron: 1.07mg (5.94%), Vitamin K: 5.63µg (5.36%), Magnesium: 20.92mg (5.23%), Vitamin B1: 0.06mg (3.79%), Zinc: 0.54mg (3.59%), Phosphorus: 35.56mg (3.56%), Vitamin B2: 0.04mg (2.45%), Selenium: 1.71µg (2.45%), Vitamin E: 0.35mg (2.3%), Potassium: 80.1mg (2.29%), Vitamin A: 99.35IU (1.99%), Calcium: 12.9mg (1.29%), Vitamin B3: 0.26mg (1.29%), Vitamin B6: 0.02mg (1.13%), Vitamin B5: 0.1mg (1.04%)