



Nanaimo Bars

READY IN



50 min.

SERVINGS



10

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 125 g digestive biscuit crumbs
- ☐ 0.5 oz g/ cocoa powder sifted
- ☐ 25 g custard powder
- ☐ 150 g chocolate dark
- ☐ 65 g desiccated coconut
- ☐ 0.5 tsp ground ginger
- ☐ 250 g icing sugar
- ☐ 65 g sugar
- ☐ 50 g butter unsalted

☐ 65 g walnuts finely chopped

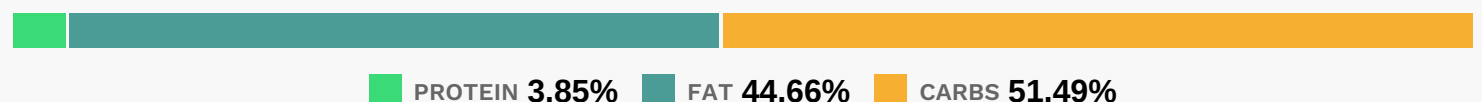
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ palette knife

Directions

- ☐ Line a shallow 20cm (8 inch) square baking tray with baking paper.
- ☐ To make the first layer: in a large bowl, mix all the ingredients together except the butter.
- ☐ Pour the melted butter over and combine well. Using a spoon, press this into the tin and chill in the fridge for 15 minutes to set.
- ☐ To make the second layer: cream the butter with the custard powder, ideally with an electric hand whisk, until fluffy. Then add the icing sugar a little at a time.
- ☐ Add a little warm water if it gets too stiff. Smooth the creamy mixture on top of the biscuit base, and again place in the fridge for 15 minutes to set.
- ☐ To make the third layer: melt the chocolate and butter in a heatproof bowl over a saucepan of simmering water until smooth and glossy, making sure the base of the bowl does not touch the water.
- ☐ Let it cool slightly, then pour over the custard layer and smooth with a palette knife. Chill for a further 15 minutes, or until set.
- ☐ Take out of the fridge 30 minutes before serving to allow it to soften slightly, then cut into bars with a large sharp knife.

Nutrition Facts



Properties

Glycemic Index:18.71, Glycemic Load:12.57, Inflammation Score:-3, Nutrition Score:7.8091303829266%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 400.02kcal (20%), Fat: 20.51g (31.56%), Saturated Fat: 10.72g (67.01%), Carbohydrates: 53.22g (17.74%), Net Carbohydrates: 49.13g (17.86%), Sugar: 38.09g (42.32%), Cholesterol: 17.65mg (5.88%), Sodium: 96.37mg (4.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.26mg (5.09%), Protein: 3.98g (7.96%), Manganese: 0.78mg (38.94%), Copper: 0.48mg (24.1%), Iron: 2.99mg (16.6%), Magnesium: 66.19mg (16.55%), Fiber: 4.09g (16.37%), Phosphorus: 127.39mg (12.74%), Zinc: 1.2mg (8.03%), Potassium: 231.4mg (6.61%), Selenium: 3.45µg (4.93%), Vitamin B2: 0.08mg (4.68%), Vitamin B1: 0.06mg (4.31%), Vitamin B6: 0.08mg (4.02%), Vitamin B3: 0.79mg (3.96%), Calcium: 38.02mg (3.8%), Folate: 14.07µg (3.52%), Vitamin A: 137.55IU (2.75%), Vitamin B5: 0.22mg (2.17%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.68µg (1.6%), Vitamin B12: 0.08µg (1.33%)