

Nanaimo Bars III

READY IN



30 min.

SERVINGS



8

CALORIES



418 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce semisweet baking chocolate
- ☐ 2 teaspoons butter
- ☐ 1 cup coconut or flaked
- ☐ 2 cups confectioners' sugar
- ☐ 2 tablespoons custard powder
- ☐ 1 eggs beaten
- ☐ 1.8 cups graham cracker crumbs
- ☐ 3 tablespoons heavy cream
- ☐ 5 tablespoons cocoa powder unsweetened

☐ 0.3 cup sugar white

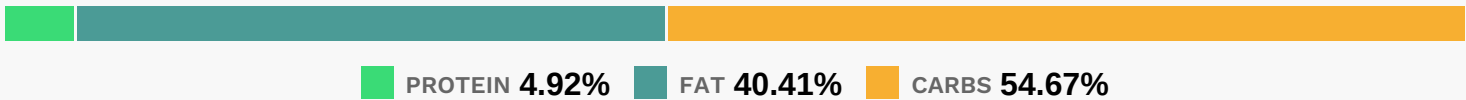
Equipment

- ☐ frying pan
- ☐ double boiler
- ☐ microwave

Directions

- ☐ In the top of a double boiler, combine 1/2 cup butter, white sugar and cocoa powder. Stir occasionally until melted and smooth. Beat in the egg, stirring until thick, 2 to 3 minutes.
- ☐ Remove from heat and mix in the graham cracker crumbs, coconut and almonds (if you like). Press into the bottom of an ungreased 8x8 inch pan.
- ☐ For the middle layer, cream together 1/2 cup butter, heavy cream and custard powder until light and fluffy.
- ☐ Mix in the confectioners' sugar until smooth.
- ☐ Spread over the bottom layer in the pan. Chill to set.
- ☐ While the second layer is chilling, melt the semisweet chocolate and 2 teaspoons butter together in the microwave or over low heat.
- ☐ Spread over the chilled bars.
- ☐ Let the chocolate set before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:24.26, Glycemic Load:14.26, Inflammation Score:-5, Nutrition Score:10.686956504117%

Flavonoids

Catechin: 11.14mg, Catechin: 11.14mg, Catechin: 11.14mg, Catechin: 11.14mg Epicatechin: 26.24mg, Epicatechin: 26.24mg, Epicatechin: 26.24mg, Epicatechin: 26.24mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 418.05kcal (20.9%), Fat: 20.36g (31.32%), Saturated Fat: 13.39g (83.67%), Carbohydrates: 61.98g (20.66%), Net Carbohydrates: 56.11g (20.41%), Sugar: 40.95g (45.5%), Cholesterol: 39.04mg (13.01%), Sodium: 157.5mg (6.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.53mg (6.18%), Protein: 5.57g (11.15%), Manganese: 1.01mg (50.3%), Copper: 0.68mg (33.78%), Fiber: 5.87g (23.46%), Iron: 4.21mg (23.37%), Magnesium: 85.09mg (21.27%), Phosphorus: 165.37mg (16.54%), Zinc: 2.28mg (15.17%), Selenium: 6.26µg (8.95%), Potassium: 289.29mg (8.27%), Vitamin B2: 0.13mg (7.92%), Vitamin B1: 0.08mg (5.35%), Vitamin B3: 1.04mg (5.19%), Calcium: 51.48mg (5.15%), Folate: 18.33µg (4.58%), Vitamin B6: 0.08mg (3.86%), Vitamin A: 151.65IU (3.03%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.1µg (1.72%), Vitamin K: 1.77µg (1.68%), Vitamin E: 0.25mg (1.63%), Vitamin D: 0.2µg (1.33%)