



No Bake Chocolate Bars

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

SIDE DISH

Ingredients

- 0.5 tsp allspice
- 8 oz chocolate 60%
- 1 tbsp cocoa powder
- 8 oz cup heavy whipping cream
- 1 tbsp powdered sugar
- 0.3 tsp sea salt
- 2 tsp ground espresso

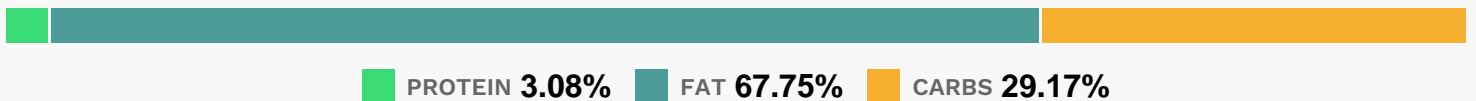
Equipment

- baking paper
- double boiler
- loaf pan
- baking pan

Directions

- Using parchment paper, line a bread pan and then push this aside for a bit. Creating a makeshift double boiler (at least in my kitchen) heat up the chocolate slowly until melted. In a small pan pour in the whipping cream and set to low heat. While it is heating up add in the allspice and ground espresso, and stir thoroughly. Do not let the whipping cream boil, simply rise in temperature. After about five minutes, pull from heat and stir in the sea salt.
- Add the melted chocolate into the cream mixture slowly and continue to stir. This may take a bit, but make sure the chocolate and cream mixture are totally combined.
- Pour the combined mixture into the baking pan and cover. Put it in the fridge and try to forget about it until it is solid. Once it has cooled, pull from the refrigerator and gently take it out of the pan by the parchment paper.
- Let it sit out in the open for a few minutes and then dust it with the cocoa powder and powdered sugar because I'm a glutton for punishment – and more sugar makes a happier BG.

Nutrition Facts



Properties

Glycemic Index: 7.2, Glycemic Load: 6.64, Inflammation Score: -4, Nutrition Score: 3.8065217391304%

Flavonoids

Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Taste

Sweetness: 93.94%, Saltiness: 11.48%, Sourness: 8.75%, Bitterness: 14.9%, Savoriness: 0.31%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 245.86kcal (12.29%), Fat: 20.03g (30.82%), Saturated Fat: 12.27g (76.69%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 17.57g (6.39%), Sugar: 16.41g (18.24%), Cholesterol: 32.03mg (10.68%), Sodium: 85.11mg (3.7%), Caffeine: 21.34mg (7.11%), Protein: 2.05g (4.1%), Copper: 0.19mg (9.61%), Magnesium: 37.55mg (9.39%), Manganese: 0.17mg (8.5%), Vitamin A: 417.38IU (8.35%), Fiber: 1.83g (7.34%), Vitamin B2: 0.12mg (7.25%), Phosphorus: 63.21mg (6.32%), Iron: 0.91mg (5.08%), Zinc: 0.54mg (3.6%), Potassium: 120.68mg (3.45%), Vitamin D: 0.45µg (3.02%), Calcium: 27.22mg (2.72%), Vitamin K: 2.71µg (2.58%), Selenium: 1.75µg (2.5%), Vitamin E: 0.34mg (2.23%), Vitamin B6: 0.02mg (1.16%), Vitamin B3: 0.23mg (1.13%)