



No-Bake Chocolate Mint Bars

READY IN



45 min.

SERVINGS



25

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 10 oz semi chocolate chips ()
- 2 cups chocolate wafer crumbs
- 0.3 cup butter softened
- 1 tablespoon milk
- 0.5 teaspoon peppermint extract
- 0.5 teaspoon vanilla
- 1 drop drop natural food coloring green
- 2 cups powdered sugar

0.3 cup butter

Equipment

bowl

frying pan

sauce pan

hand mixer

Directions

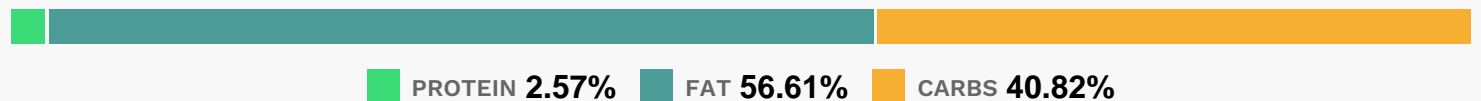
Lightly grease 9-inch square pan with shortening or cooking spray. In 2-quart saucepan, melt 1/2 cup butter and 1/4 cup of the chocolate chips over low heat, stirring constantly.

Remove from heat. Stir in cookie crumbs until well mixed; press evenly in pan. Refrigerate until firm, about 10 minutes.

Meanwhile, in small bowl, beat 1/4 cup butter, the milk, peppermint extract, vanilla and food color with electric mixer on medium speed until well mixed. On low speed, gradually beat in powdered sugar until smooth.

Spread peppermint mixture evenly over crumb mixture. In 1-quart saucepan, melt remaining chocolate chips and 1/3 cup butter over low heat, stirring constantly; spread evenly over peppermint mixture. Refrigerate until chocolate is set, 10 to 15 minutes. For bars, cut into 5 rows by 5 rows.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:3.09, Inflammation Score:-2, Nutrition Score:2.9565217135393%

Nutrients (% of daily need)

Calories: 213.15kcal (10.66%), Fat: 13.61g (20.94%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 20.88g (7.59%), Sugar: 16.96g (18.84%), Cholesterol: 22.08mg (7.36%), Sodium: 116.79mg (5.08%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Caffeine: 10.65mg (3.55%), Protein: 1.39g (2.78%), Manganese: 0.21mg (10.67%), Copper: 0.18mg (9.19%), Magnesium: 24.99mg (6.25%), Iron: 1.08mg (6.02%), Vitamin A: 253.54IU (5.07%), Fiber: 1.21g (4.85%), Phosphorus: 44.29mg (4.43%), Zinc: 0.41mg (2.74%), Potassium: 86.8mg

(2.48%), Vitamin E: 0.36mg (2.4%), Selenium: 1.63µg (2.33%), Vitamin B2: 0.04mg (2.09%), Vitamin B3: 0.36mg (1.78%), Vitamin K: 1.72µg (1.64%), Vitamin B1: 0.02mg (1.51%), Calcium: 13.02mg (1.3%), Folate: 4.51µg (1.13%)