



No-Bake Chocolate Mint Bars

READY IN



45 min.

SERVINGS



25

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

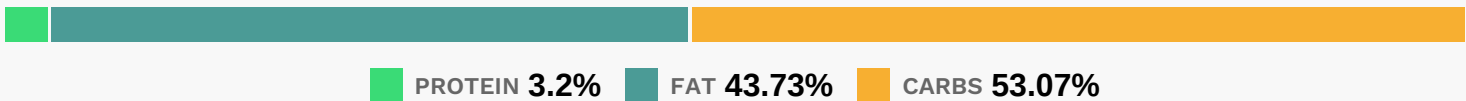
Equipment

- ☐ 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:5.5, Glycemic Load:3.09, Inflammation Score:-1, Nutrition Score:2.6973913069005%

Nutrients (% of daily need)

Calories: 164.32kcal (8.22%), Fat: 8.09g (12.45%), Saturated Fat: 4.45g (27.78%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 20.88g (7.59%), Sugar: 16.95g (18.84%), Cholesterol: 7.44mg (2.48%), Sodium: 73mg (3.17%), Alcohol: 0.05g (100%), Alcohol %: 0.21% (100%), Caffeine: 10.65mg (3.55%), Protein: 1.33g (2.66%), Manganese: 0.21mg (10.67%), Copper: 0.18mg (9.19%), Magnesium: 24.86mg (6.21%), Iron: 1.08mg (6.01%), Fiber: 1.21g (4.85%), Phosphorus: 42.65mg (4.27%), Zinc: 0.4mg (2.7%), Potassium: 85.17mg (2.43%), Selenium: 1.56µg (2.23%), Vitamin B2: 0.03mg (1.95%), Vitamin B3: 0.35mg (1.77%), Vitamin A: 83.35IU (1.67%), Vitamin B1: 0.02mg (1.49%), Vitamin E:

0.2mg (1.35%), Vitamin K: 1.25µg (1.19%), Calcium: 11.39mg (1.14%), Folate: 4.3µg (1.08%)