



Peppermint Divinity Bars

READY IN



130 min.

SERVINGS



50

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.3 cups butter softened
- ☐ 0.3 cup plus light
- ☐ 2 large egg whites
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 cup peppermint candies hard divided crushed
- ☐ 0.3 teaspoon peppermint extract
- ☐ 2 cups sugar divided

- ☐ 1 vanilla pod
- ☐ 1 teaspoon vanilla extract

Equipment

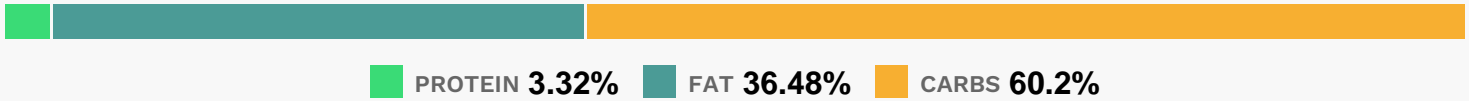
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ stand mixer
- ☐ offset spatula
- ☐ butter knife
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 37
- ☐ Stir together first 3 ingredients.
- ☐ Split vanilla bean; scrape seeds into bowl of a heavy-duty electric stand mixer.
- ☐ Add butter and 1 cup sugar; beat at medium speed 2 minutes or until creamy.
- ☐ Add flour mixture; beat until blended.
- ☐ Line bottom and sides of a 13- x 9-inch pan with parchment paper, allowing 2 to 3 inches to extend over sides; lightly grease parchment paper. Press dough into bottom of prepared pan.
- ☐ Bake at 375 for 20 minutes or until edges are golden brown.
- ☐ Meanwhile, stir together corn syrup, 1/4 cup water, and remaining 1 cup sugar in a small saucepan over high heat, stirring just until sugar dissolves. Cook, without stirring, until a candy thermometer registers 250 (7 to 8 minutes).
- ☐ While syrup cooks, beat egg whites at medium speed, using whisk attachment, until foamy.

- ☐ When syrup reaches 250, beat egg whites at medium-high speed until soft peaks form. While mixer is running, gradually add hot syrup to egg whites. Increase speed to high; beat until stiff peaks form. (
- ☐ Mixture should still be warm.)
- ☐ Add vanilla and peppermint extracts, and beat at medium speed just until combined. Fold in 1/2 cup peppermint candies.
- ☐ Working quickly, spread mixture on warm cookie base, using a butter knife or offset spatula.
- ☐ Sprinkle with remaining 1/4 cup crushed peppermints, and cool.
- ☐ Lift mixture from pan, using parchment paper sides as handles; cut into 32 bars.

Nutrition Facts



Properties

Glycemic Index:7.52, Glycemic Load:11.73, Inflammation Score:-1, Nutrition Score:1.3986956360547%

Nutrients (% of daily need)

Calories: 115.28kcal (5.76%), Fat: 4.72g (7.26%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 17.33g (6.3%), Sugar: 11.06g (12.29%), Cholesterol: 12.2mg (4.07%), Sodium: 111.93mg (4.87%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 0.97g (1.93%), Selenium: 2.92µg (4.18%), Vitamin B1: 0.06mg (4.02%), Folate: 13.95µg (3.49%), Vitamin A: 141.82IU (2.84%), Vitamin B2: 0.05mg (2.73%), Manganese: 0.05mg (2.6%), Vitamin B3: 0.45mg (2.23%), Iron: 0.38mg (2.12%), Calcium: 17.02mg (1.7%), Phosphorus: 14.92mg (1.49%)