



Raspberry Chocolate Bars

READY IN



45 min.

SERVINGS



48

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 1 tablespoon cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup orange juice
- ☐ 10 ounce raspberries frozen thawed
- ☐ 0.8 cup semi-sweet chocolate chips mini
- ☐ 0.8 cup sugar white

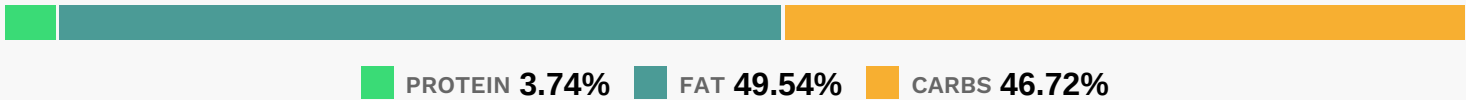
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (190 degrees C).
- ☐ Mix the flour, sugar and butter or margarine. Press into the batter of a 13x9 inch ungreased baking pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 15 minutes.
- ☐ Mix the raspberries, orange juice, and cornstarch in a 1 quart sauce pan.
- ☐ Heat to boiling, stirring constantly. Boil and stir for 1 minute.
- ☐ Let cool for 10 minutes.
- ☐ Sprinkle chocolate chips over baked crust and spoon the raspberry mixture over the top.
- ☐ Bake at 350 degrees F (1715 degrees C) for 20 minutes or until the raspberry mixture has set.
- ☐ Remove from oven and let cool.
- ☐ Drizzle with additional melted chocolate if desired.
- ☐ Cut into 2x1 inch squares.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:4.49, Inflammation Score:-1, Nutrition Score:1.5330434648887%

Flavonoids

Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3–gallate: 0.03mg,

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg
Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg,
Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 71.8kcal (3.59%), Fat: 4.01g (6.17%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 8.52g (2.84%), Net
Carbohydrates: 7.81g (2.84%), Sugar: 4.5g (5.01%), Cholesterol: 7.79mg (2.6%), Sodium: 23.28mg (1.01%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Manganese: 0.1mg (5.14%), Fiber: 0.71g (2.85%), Vitamin C:
2.19mg (2.66%), Selenium: 1.63µg (2.32%), Vitamin B1: 0.03mg (2.32%), Copper: 0.05mg (2.3%), Iron: 0.4mg
(2.22%), Folate: 8.88µg (2.22%), Vitamin A: 94.54IU (1.89%), Magnesium: 7.19mg (1.8%), Vitamin B3: 0.3mg (1.48%),
Vitamin B2: 0.03mg (1.47%), Phosphorus: 14.13mg (1.41%), Vitamin E: 0.15mg (1.02%)