



Tiramisu Bars

READY IN



140 min.

SERVINGS



24

CALORIES



198 kcal

DESSERT

Ingredients

- 1.3 cups baker's chocolate grated
- 0.3 cup butter melted
- 0.5 cup butter softened
- 24 servings chocolate curls
- 3 oz cream cheese softened
- 2 eggs
- 0.8 cup flour all-purpose
- 3 tablespoons flour all-purpose
- 1 cup granulated sugar

- 1 tablespoon coffee instant
- 0.3 cup powdered sugar
- 0.5 teaspoon vanilla
- 0.3 cup whipping cream
- 0.8 cup whipping cream

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- hand mixer

Directions

- Heat oven to 350F. In medium bowl, beat 3/4 cup flour, 1/2 cup softened butter and the powdered sugar with electric mixer on medium speed until soft dough forms.
- Spread evenly in bottom of ungreased 8-inch square pan.
- Bake 10 minutes.
- Meanwhile, in medium bowl, beat remaining bar ingredients except grated chocolate with wire whisk until smooth.
- Sprinkle 1 cup of the grated chocolate over hot baked crust.
- Pour egg mixture over chocolate.
- Bake 40 to 45 minutes or until golden brown and set. Cool completely in pan on cooling rack, about 1 hour 15 minutes.
- In medium bowl, beat cream cheese and 1/4 cup whipping cream on medium speed about 2 minutes or until fluffy.
- Spread over cooled bars.
- Sprinkle with remaining grated chocolate. For bars, cut into 6 rows by 4 rows.
- Garnish each with chocolate curl. Store covered in refrigerator.

Nutrition Facts

PROTEIN 4.75% FAT 63.78% CARBS 31.47%

Properties

Glycemic Index:10.3, Glycemic Load:8.54, Inflammation Score:-4, Nutrition Score:4.533043473959%

Flavonoids

Catechin: 4.42mg, Catechin: 4.42mg, Catechin: 4.42mg, Catechin: 4.42mg Epicatechin: 9.75mg, Epicatechin: 9.75mg, Epicatechin: 9.75mg, Epicatechin: 9.75mg

Nutrients (% of daily need)

Calories: 198.15kcal (9.91%), Fat: 14.91g (22.94%), Saturated Fat: 6.75g (42.18%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 15.2g (5.53%), Sugar: 10.43g (11.59%), Cholesterol: 28.49mg (9.49%), Sodium: 87.95mg (3.82%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Caffeine: 12.9mg (4.3%), Protein: 2.5g (5%), Manganese: 0.34mg (16.92%), Copper: 0.25mg (12.36%), Vitamin A: 467.41IU (9.35%), Iron: 1.58mg (8.76%), Magnesium: 27.66mg (6.92%), Selenium: 4.09µg (5.85%), Phosphorus: 54.4mg (5.44%), Zinc: 0.81mg (5.42%), Fiber: 1.35g (5.41%), Vitamin B2: 0.08mg (4.68%), Vitamin B1: 0.05mg (3.56%), Folate: 13.3µg (3.32%), Potassium: 97.74mg (2.79%), Vitamin E: 0.42mg (2.78%), Vitamin B3: 0.46mg (2.3%), Calcium: 22.85mg (2.29%), Vitamin D: 0.23µg (1.55%), Vitamin B5: 0.14mg (1.44%), Vitamin K: 1.16µg (1.1%), Vitamin B12: 0.07µg (1.09%)