



## Tiramisu Bars

READY IN



140 min.

SERVINGS



24

CALORIES



193 kcal

DESSERT

## Ingredients

- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup powdered sugar
- ☐ 1 cup granulated sugar
- ☐ 0.8 cup whipping cream
- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon coffee instant
- ☐ 0.5 teaspoon vanilla

- ☐ 2 eggs
- ☐ 1.3 cups baker's chocolate grated
- ☐ 3 oz cream cheese softened
- ☐ 0.3 cup whipping cream
- ☐ 1 serving chocolate curls

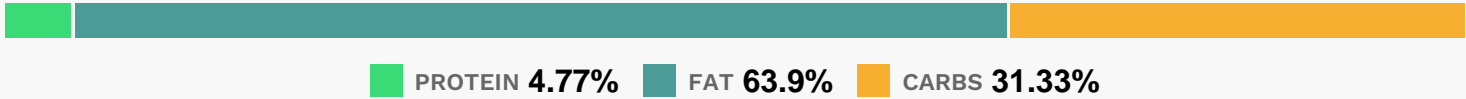
## Equipment

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

## Directions

- ☐ Heat oven to 350°F. 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



## Properties

Glycemic Index:10.3, Glycemic Load:8.54, Inflammation Score:-4, Nutrition Score:4.3878261330335%

## 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: 192.6kcal (9.63%), Fat: 14.55g (22.38%), Saturated Fat: 6.54g (40.86%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 14.78g (5.37%), Sugar: 10.08g (11.2%), Cholesterol: 28.43mg (9.48%), Sodium: 87.85mg (3.82%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Caffeine: 12.08mg (4.03%), Protein: 2.44g (4.88%), Manganese: 0.33mg (16.29%), Copper: 0.24mg (11.76%), Vitamin A: 466.93IU (9.34%), Iron: 1.52mg (8.42%), Magnesium: 25.98mg (6.49%), Selenium: 4.01µg (5.73%), Zinc: 0.79mg (5.25%), Phosphorus: 51.91mg (5.19%), Fiber: 1.28g (5.1%), Vitamin B2: 0.08mg (4.65%), Vitamin B1: 0.05mg (3.54%), Folate: 13.3µg (3.32%), Vitamin E: 0.41mg (2.74%), Potassium: 92.31mg (2.64%), Vitamin B3: 0.45mg (2.26%), Calcium: 22.26mg (2.23%), Vitamin D: 0.23µg (1.55%), Vitamin B5: 0.14mg (1.41%), Vitamin B12: 0.06µg (1.06%), Vitamin K: 1.09µg (1.04%)