



Triple-Layer Chocolate Bar

READY IN



165 min.

SERVINGS



24

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 Tbsp butter divided
- 1.5 cups graham cracker crumbs
- 1 pkg jell-o chocolate flavor pudding white or any flavor instant (4-serving size)
- 2 cups powdered sugar
- 8 oz baker's semi-sweet chocolate divided
- 0.5 cup whipping cream

Equipment

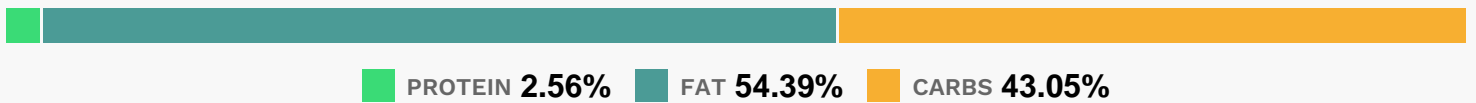
- bowl

- frying pan
- aluminum foil
- microwave
- cutting board

Directions

- Line 9-inch square pan with foil extending over edges to form handles. Microwave 4 oz. chocolate and 5 Tbsp. of the butter in large microwavable bowl on HIGH 2 minutes or until butter is melted. Stir until chocolate is completely melted.
- Add crumbs; mix well. Press firmly onto bottom of prepared pan. Refrigerate 10 minutes.
- Microwave 1/3 cup water and remaining 5 Tbsp. butter in large microwavable bowl on HIGH 1 minute or until butter is melted.
- Add dry pudding mix; stir 2 minutes or until completely dissolved. Gradually add powdered sugar, stirring until well blended after each addition.
- Spread over crust. Refrigerate 15 minutes or until firm.
- Microwave remaining 4 oz. chocolate and cream in medium microwavable bowl on HIGH 2 minutes. Stir until chocolate is completely melted and mixture is well blended.
- Spread over pudding layer. Refrigerate 2 hours or until set. Lift out of pan onto cutting board.
- Cut into 24 bars to serve. Store leftover bars in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:2.83, Inflammation Score:-2, Nutrition Score:2.241739164552%

Nutrients (% of daily need)

Calories: 175.31kcal (8.77%), Fat: 10.73g (16.51%), Saturated Fat: 6.35g (39.66%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 18.18g (6.61%), Sugar: 14.63g (16.26%), Cholesterol: 18.89mg (6.3%), Sodium: 75.72mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 1.14g (2.27%), Manganese: 0.13mg (6.29%), Copper: 0.12mg (6.05%), Magnesium: 20.21mg (5.05%), Iron: 0.83mg (4.59%), Vitamin A: 225.47IU (4.51%), Phosphorus: 39.5mg (3.95%), Fiber: 0.94g (3.74%), Zinc: 0.37mg (2.47%), Potassium: 69.3mg (1.98%), Vitamin B2:

0.03mg (1.79%), Vitamin E: 0.24mg (1.59%), Selenium: 1.06µg (1.52%), Calcium: 14.8mg (1.48%), Vitamin B3: 0.28mg (1.42%), Vitamin K: 1.25µg (1.19%), Vitamin B1: 0.02mg (1.09%)