



White Chocolate Mousse Bars

READY IN



190 min.

SERVINGS



36

CALORIES



104 kcal

DESSERT

Ingredients

- 1.5 cups chocolate wafer crumbs (26 cookies)
- 0.3 cup butter melted
- 0.8 cup whipping cream
- 6 oz peppermint candies white
- 3 eggs
- 0.3 cup sugar
- 0.1 teaspoon salt
- 0.5 cup semi chocolate chips
- 1 tablespoon shortening

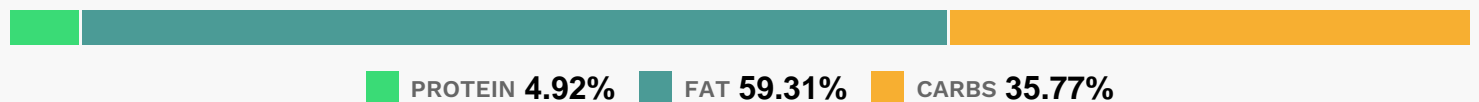
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack

Directions

- Heat oven to 350°F. Lightly grease 8- or 9-inch square pan with shortening or cooking spray. In small bowl, mix cookie crumbs and butter with spoon; press firmly in pan.
- Bake 10 minutes.
- Meanwhile, in 1-quart saucepan, heat whipping cream and baking chips over low heat, stirring frequently, until chips are melted.
- Remove from heat. Cool 5 minutes. In large bowl, beat eggs, sugar and salt with wire whisk until foamy.
- Pour white baking chip mixture into egg mixture, stirring constantly.
- Pour filling over baked crust.
- Bake 25 to 35 minutes or until center springs back when touched lightly. Cool in pan on cooling rack 15 minutes.
- Meanwhile, in 1-quart saucepan, melt topping ingredients over low heat, stirring frequently.
- Spread topping over bars. Refrigerate uncovered until chilled, about 2 hours. For bars, cut into 6 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.32, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:1.4756521624715%

Nutrients (% of daily need)

Calories: 104.05kcal (5.2%), Fat: 7.02g (10.8%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 9.17g (3.33%), Sugar: 7.35g (8.17%), Cholesterol: 19.49mg (6.5%), Sodium: 59.76mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Manganese: 0.07mg (3.34%), Vitamin A: 150.88IU (3.02%), Copper: 0.06mg (2.81%), Selenium: 1.76µg (2.52%), Vitamin B2: 0.04mg (2.39%), Phosphorus: 23.16mg (2.32%), Iron: 0.42mg (2.31%), Magnesium: 7.71mg (1.93%), Calcium: 15.91mg (1.59%), Fiber: 0.36g (1.43%), Vitamin E: 0.2mg (1.35%), Zinc: 0.18mg (1.18%), Folate: 4.13µg (1.03%), Vitamin D: 0.15µg (1.02%)