



## Winter Wonder Bars

READY IN



45 min.

SERVINGS



16

CALORIES



356 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 4 ounce bittersweet chocolate
- 3 eggs
- 1.5 cups flour all-purpose
- 0.8 cup macadamia nuts toasted chopped
- 0.1 teaspoon salt
- 10 tablespoons butter unsalted
- 3 teaspoons vanilla extract
- 12 ounces chocolate white

0.8 cup sugar white

## Equipment

frying pan

sauce pan

baking paper

oven

blender

baking pan

toothpicks

spatula

## Directions

Preheat the oven to 325 degrees F (165 degrees C). Grease one 9 inch square baking pan. Line the bottom of the pan with parchment paper and set aside.

Chop 1/2 of the white chocolate into very small pieces. Chop the remaining white chocolate and the bittersweet chocolate into large chunks, set aside.

Sift together the flour, baking powder and salt. Melt the butter in a small saucepan. Do not allow the butter to bubble or to color.

Remove from the heat and add the finely chopped white chocolate. DO NOT STIR the chocolate in, set aside.

Beat the sugar, eggs and vanilla together until thick and lemon colored, about 5 minutes. Lower the mixer speed and add the butter mixture.

Mix just to blend.

Add the flour mixture and mix just until the flour is mixed in. Use a rubber spatula to fold in the two chocolates and the nuts. Scrape the batter into the prepared pan.

Bake at 325 degrees F (165 degrees C) until the brownies are just set, about 30 minutes. A toothpick inserted in the center should come out with moist crumbs still attached. As with all brownies it is better to underbake than to overbake. Allow to cool about 1 hour then cut into squares.

## Nutrition Facts

PROTEIN 4.98% FAT 55.58% CARBS 39.44%

## Properties

Glycemic Index:19.82, Glycemic Load:21.86, Inflammation Score:-3, Nutrition Score:6.4530434491842%

## Nutrients (% of daily need)

Calories: 356.25kcal (17.81%), Fat: 22.33g (34.35%), Saturated Fat: 11.22g (70.09%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 34.18g (12.43%), Sugar: 24.95g (27.72%), Cholesterol: 54.39mg (18.13%), Sodium: 64.65mg (2.81%), Alcohol: 0.26g (100%), Alcohol %: 0.44% (100%), Caffeine: 6.1mg (2.03%), Protein: 4.5g (9.01%), Manganese: 0.44mg (21.99%), Vitamin B1: 0.19mg (12.44%), Selenium: 8.43µg (12.04%), Vitamin B2: 0.17mg (10.27%), Phosphorus: 101.53mg (10.15%), Copper: 0.17mg (8.71%), Iron: 1.44mg (8%), Folate: 27.76µg (6.94%), Calcium: 68.06mg (6.81%), Magnesium: 27.06mg (6.76%), Fiber: 1.47g (5.87%), Vitamin A: 273.13IU (5.46%), Vitamin B3: 1.08mg (5.39%), Potassium: 151.46mg (4.33%), Zinc: 0.63mg (4.17%), Vitamin B5: 0.39mg (3.86%), Vitamin E: 0.58mg (3.84%), Vitamin B12: 0.22µg (3.67%), Vitamin K: 3.12µg (2.97%), Vitamin B6: 0.05mg (2.56%), Vitamin D: 0.3µg (1.97%)