



Winterfresh Fudge Bars

READY IN



135 min.

SERVINGS



48

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 cup butter
- ☐ 8 candy canes crushed for garnish
- ☐ 1 cup chocolate morsels mini
- ☐ 1.5 cups confectioners' sugar
- ☐ 16 ounce cream cheese softened
- ☐ 2 tablespoons crème de cassis liqueur
- ☐ 2 eggs
- ☐ 4 eggs

- ☐ 1.5 cups flour all-purpose
- ☐ 2 drops food coloring green
- ☐ 1 tablespoon milk plus more to thin
- ☐ 1 teaspoon mint extract
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 cups sugar
- ☐ 2 ounces chocolate unsweetened melted
- ☐ 6 ounces chocolate unsweetened
- ☐ 2 teaspoons vanilla extract

Equipment

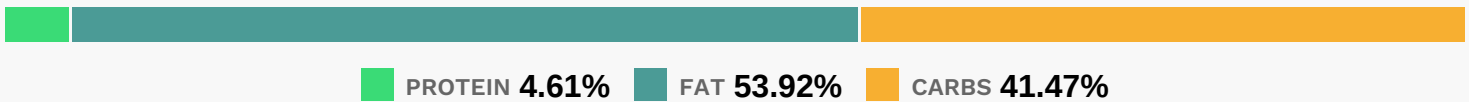
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Melt the chocolate and butter together over low heat, stirring frequently.
- ☐ Remove from heat to cool slightly.
- ☐ In the bowl of a stand mixer, combine chocolate-butter mixture with sugar, vanilla, and eggs on medium speed for 1 minute, scraping down the sides of the bowl frequently.
- ☐ Mix in flour and salt and beat for 30 seconds. Scrape bowl and beat for 1 minute. Stir in chocolate chips.
- ☐ Beat the cream cheese until smooth with electric mixer. Scrape sides of bowl and beat in sugar, eggs, and creme de menthe until smooth and fully blended.

- ☐ Add 2 drops food coloring to heighten filling color.
- ☐ Spread half of brownie mixture in a greased 13 by 9 by 2-inch pan.
- ☐ Pour mint filling on top of brownie batter and spread to edge. Carefully spread the other half of the brownie mixture on top of the mint filling.
- ☐ Bake for 40 to 45 minutes until sides pull away from pan and a toothpick inserted in the center comes out clean. Cool in pan.
- ☐ Beat butter until smooth with electric mixer.
- ☐ Add sugar and melted chocolate to butter and beat. Slowly add mint extract and enough milk, 1 tablespoon at a time, to make desired consistency.
- ☐ Spread frosting on top of cooled chocolate mint brownies.
- ☐ Sprinkle the crushed candy canes on top of frosting.
- ☐ Cut the bars into 8 rows by 6 rows and serve.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:9.09, Inflammation Score:-3, Nutrition Score:3.4339130132095%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 195.21kcal (9.76%), Fat: 12.19g (18.76%), Saturated Fat: 7.33g (45.81%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 20.21g (7.35%), Sugar: 16.25g (18.06%), Cholesterol: 42.75mg (14.25%), Sodium: 101.27mg (4.4%), Alcohol: 0.27g (100%), Alcohol %: 0.69% (100%), Caffeine: 3.78mg (1.26%), Protein: 2.35g (4.7%), Manganese: 0.23mg (11.38%), Copper: 0.17mg (8.28%), Selenium: 4.36µg (6.22%), Iron: 1.12mg (6.22%), Vitamin A: 304.84IU (6.1%), Phosphorus: 45.87mg (4.59%), Magnesium: 18.01mg (4.5%), Vitamin B2: 0.08mg (4.48%), Zinc: 0.61mg (4.06%), Fiber: 0.89g (3.56%), Folate: 12.08µg (3.02%), Vitamin B1: 0.04mg (2.83%), Calcium: 22.26mg (2.23%), Potassium: 76.71mg (2.19%), Vitamin E: 0.3mg (1.98%), Vitamin B5: 0.17mg (1.71%), Vitamin B3: 0.31mg (1.56%), Vitamin B12: 0.08µg (1.36%), Vitamin K: 1.1µg (1.05%)