

# Chocolate Delight Bars

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*Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio*

## **Yield: 18 bars**

*1/2 cup butter or margarine*  
*1 egg yolk*  
*2 tablespoons water*  
*1 1/4 cups all-purpose flour*  
*1 teaspoon sugar*  
*1 teaspoon baking powder*  
*1 package (12 ounce) semi-sweet chocolate morsels*  
**TOPPING**  
*2 eggs*  
*3/4 cup sugar*  
*6 tablespoons butter, melted*  
*2 teaspoons vanilla extract*  
*2 cups ground nuts*

Preheat the oven to 350 degrees.

In a bowl, beat the butter, egg yolks and water until light. Stir in the flour, sugar and baking powder. Mix well. Press the mixture into a 13x9x2-inch baking pan.

Bake for 10 minutes.

Remove from the oven and immediately sprinkle with the chocolate morsels. Return to the oven for 1 minute.

Remove and spread the chocolate evenly over the surface.

Make the topping: In a bowl, beat the eggs until thick. Add the sugar and beat well. Stir in the butter and vanilla. Add the chopped nuts and spread over the chocolate layer. Return to the oven.

Bake for 30 to 35 minutes.

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Per Serving (excluding unknown items): 2823 Calories; 178g Fat (56.2% calories from fat); 33g Protein; 278g Carbohydrate; 4g Dietary Fiber; 1071mg Cholesterol; 2279mg Sodium. Exchanges: 8 Grain(Starch); 2 Lean Meat; 33 1/2 Fat; 10 1/2 Other Carbohydrates.

Desserts

## **Per Serving Nutritional Analysis**

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<b>Calories (kcal):</b>	2823	<b>Vitamin B6 (mg):</b>	.3mg
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% Calories from Fat:	56.2%
% Calories from Carbohydrates:	39.1%
% Calories from Protein:	4.7%
Total Fat (g):	178g
Saturated Fat (g):	105g
Monounsaturated Fat (g):	52g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	1071mg
Carbohydrate (g):	278g
Dietary Fiber (g):	4g
Protein (g):	33g
Sodium (mg):	2279mg
Potassium (mg):	372mg
Calcium (mg):	418mg
Iron (mg):	11mg
Zinc (mg):	3mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	6879IU
Vitamin A (r.e.):	1739RE

Vitamin B12 (mcg):	2.1mcg
Thiamin B1 (mg):	1.3mg
Riboflavin B2 (mg):	1.4mg
Folacin (mcg):	318mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	25
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	8
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	33 1/2
Other Carbohydrates:	10 1/2

## Nutrition Facts

### Amount Per Serving

Calories 2823                      Calories from Fat: 1587

### % Daily Values\*

<b>Total Fat</b> 178g	273%
Saturated Fat 105g	526%
<b>Cholesterol</b> 1071mg	357%
<b>Sodium</b> 2279mg	95%
<b>Total Carbohydrates</b> 278g	93%
Dietary Fiber 4g	17%
<b>Protein</b> 33g	
<b>Vitamin A</b>	138%
<b>Vitamin C</b>	0%
<b>Calcium</b>	42%
<b>Iron</b>	59%

\* Percent Daily Values are based on a 2000 calorie diet.