



WHATSheATE



A Big Batch Chocolate Chip Bar

READY IN



45 min.

SERVINGS



32

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 15 oz all purpose flour — — weigh if you have scale (Spoon and level)
- ☐ 1.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 8 oz regular butter salted softened
- ☐ 4 large eggs
- ☐ 1.3 cup granulated sugar
- ☐ 220 grams pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 24 oz semi-sweet chocolate chips

☐

1 tablespoon vanilla extract pure

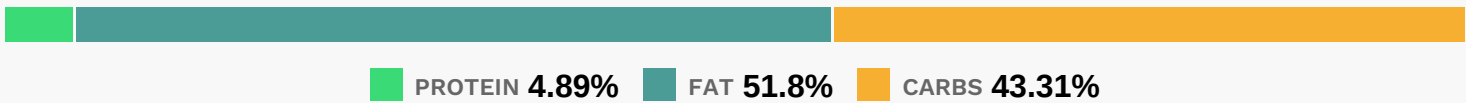
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.Cream the butter and sugars, beat in the eggs and vanilla.
- ☐ Combine the dry ingredients and blend in.
- ☐ Add chips and nuts.
- ☐ Spread in a greased 15x 10 inch baking pan and bake for 15–20 minutes or until bars appear set. Cool and cut into bars.For a half batch, use a 13×9 inch pan. My half batches always take about 20 minutes, but this will vary depending on your oven.

Nutrition Facts



Properties

Glycemic Index:6.41, Glycemic Load:12.82, Inflammation Score:-4, Nutrition Score:7.6143479204696%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 336.11kcal (16.81%), Fat: 19.59g (30.14%), Saturated Fat: 8.97g (56.05%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 34.15g (12.42%), Sugar: 22.66g (25.18%), Cholesterol: 39.76mg (13.25%), Sodium: 128.35mg (5.58%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Caffeine: 18.29mg (6.1%), Protein: 4.16g (8.32%), Manganese: 0.69mg (34.46%), Copper: 0.38mg (18.78%), Iron: 2.3mg (12.77%), Magnesium: 50.22mg (12.56%), Selenium: 8.67µg (12.39%), Fiber: 2.72g (10.88%), Vitamin B1: 0.16mg (10.63%), Phosphorus: 103.05mg (10.31%), Folate: 29.05µg (7.26%), Zinc: 1.06mg (7.05%), Vitamin B2: 0.12mg (6.93%), Vitamin B3: 1.06mg (5.3%), Potassium: 183.19mg (5.23%), Vitamin A: 225.34IU (4.51%), Calcium: 31.03mg (3.1%), Vitamin E: 0.46mg (3.06%), Vitamin B5:

0.29mg (2.94%), Vitamin K: 2.33µg (2.22%), Vitamin B6: 0.04mg (2.06%), Vitamin B12: 0.11µg (1.77%)