



Almond Mocha Cookie Bars

READY IN



90 min.

SERVINGS



36

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 1.5 cups pillsbury best® all purpose flour
- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups firmly brown sugar light packed
- ☐ 2 large eggs
- ☐ 1 teaspoon coffee crystals instant folgers®
- ☐ 3 tablespoons classic coffee crystals instant folgers®
- ☐ 1 tablespoon milk
- ☐ 1 cup powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi-sweet chocolate chips miniature
- ☐ 1 cup slivered almonds
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup baking sticks all-vegetable shortening crisco®
- ☐ 1 tablespoon water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ baking pan

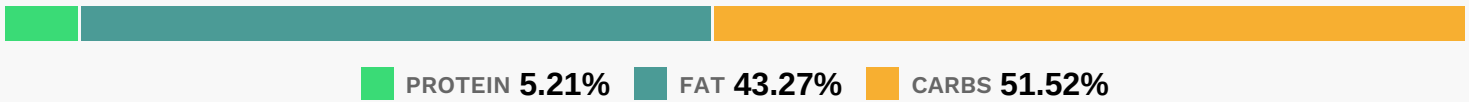
Directions

- ☐ Heat oven to 350 degrees F. Spray a 13 x 9-inch baking pan with no-stick cooking spray.
- ☐ Spread almonds on baking sheet.
- ☐ Bake 7 to 10 minutes or until golden brown, stirring several times. Cool completely. Chop coarsely.
- ☐ Combine brown sugar, shortening, coffee crystals, milk, vanilla and almond extracts in large bowl; beat at medium speed until well blended.
- ☐ Add eggs; beat well.
- ☐ Combine flour, cocoa, salt and baking soda in medium bowl.
- ☐ Add to shortening mixture; beat at low speed just until blended. Stir in chocolate chips and reserved almonds.
- ☐ Spread mixture evenly in prepared pan.
- ☐ Bake 30 to 35 minutes or until set. Cool completely on wire rack.

- ☐
- Cut into 2 x 1 1/2-inch bars.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:3.38521737249%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 153.92kcal (7.7%), Fat: 7.6g (11.69%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 19.15g (6.96%), Sugar: 14.15g (15.72%), Cholesterol: 10.68mg (3.56%), Sodium: 47.77mg (2.08%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Caffeine: 19.97mg (6.66%), Protein: 2.06g (4.11%), Manganese: 0.21mg (10.7%), Vitamin E: 1.06mg (7.08%), Copper: 0.14mg (6.83%), Magnesium: 24.46mg (6.12%), Iron: 0.91mg (5.05%), Selenium: 3.46µg (4.94%), Fiber: 1.2g (4.8%), Phosphorus: 46.18mg (4.62%), Vitamin B2: 0.08mg (4.62%), Vitamin B1: 0.05mg (3.42%), Folate: 12.5µg (3.13%), Vitamin B3: 0.61mg (3.06%), Potassium: 99.93mg (2.86%), Zinc: 0.36mg (2.37%), Calcium: 23.31mg (2.33%), Vitamin K: 2.42µg (2.31%), Vitamin B5: 0.14mg (1.36%)