



## Bar Cookies from Cake Mix

READY IN



50 min.

SERVINGS



15

CALORIES



405 kcal

DESSERT

### Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter
- 1 eggs
- 2 cups semi chocolate chips
- 1 cup walnuts chopped
- 2 tablespoons water
- 18.3 ounce duncan hines classic decadent cake mix white

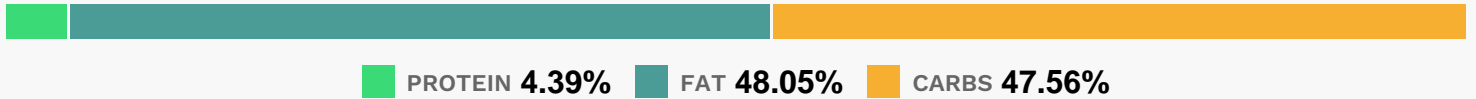
### Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- In a large bowl, cream together the butter and sugar until light and fluffy.
- Mix in water and egg, then stir in cake mix. Finally, mix in nuts and chocolate chips.
- Spread mixture into pan.
- Bake for 30 to 35 minutes in the preheated oven. Cool completely before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:8.6530434926567%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

## Nutrients (% of daily need)

Calories: 404.6kcal (20.23%), Fat: 21.97g (33.8%), Saturated Fat: 10.42g (65.12%), Carbohydrates: 48.92g (16.31%), Net Carbohydrates: 46.1g (16.76%), Sugar: 30.66g (34.06%), Cholesterol: 28.62mg (9.54%), Sodium: 296.56mg (12.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 20.64mg (6.88%), Protein: 4.52g (9.04%), Manganese: 0.66mg (33.03%), Copper: 0.46mg (22.87%), Phosphorus: 213.54mg (21.35%), Magnesium: 59.54mg (14.89%), Iron: 2.52mg (14.01%), Fiber: 2.82g (11.29%), Calcium: 107.67mg (10.77%), Selenium: 6.43µg (9.18%), Folate: 33.47µg (8.37%), Vitamin B1: 0.11mg (7.38%), Zinc: 1.08mg (7.22%), Vitamin B2: 0.11mg (6.72%), Potassium: 207.48mg (5.93%), Vitamin B3: 1.12mg (5.62%), Vitamin E: 0.7mg (4.68%), Vitamin A: 218.49IU (4.37%), Vitamin B6: 0.07mg (3.4%), Vitamin K: 3.41µg (3.25%), Vitamin B5: 0.28mg (2.81%), Vitamin B12: 0.08µg (1.37%)