



Chocolate-Almond Bars

READY IN



130 min.

SERVINGS



100

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups almonds sliced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup hellmann's real mayonnaise
- ☐ 12 oz milk chocolate morsels
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

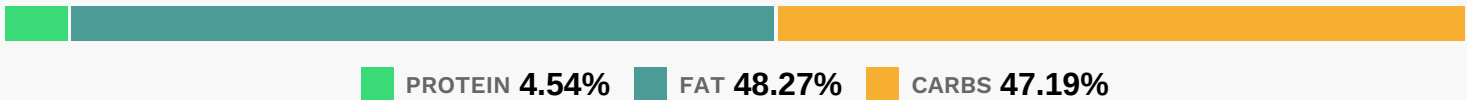
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat brown sugar and mayonnaise at medium speed with an electric mixer until creamy.
- ☐ Add egg and vanilla, beating until blended.
- ☐ Stir together flour, baking powder, and salt; gradually add to mayonnaise mixture, beating until blended.
- ☐ Press dough into an ungreased 15- x 10-inch jelly-roll pan.
- ☐ Bake at 350 for 15 to 17 minutes or until golden.
- ☐ Place pan on a wire rack.
- ☐ Sprinkle chocolate morsels over warm cookie.
- ☐ Let stand 5 minutes; spread chocolate evenly over top.
- ☐ Sprinkle with almonds. Cool in pan on a wire rack 1 1/2 to 2 hours or until completely cool.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:2.27, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:1.0247825999623%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg,

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Nutrients (% of daily need)

Calories: 54.72kcal (2.74%), Fat: 2.99g (4.6%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 6.33g (2.3%), Sugar: 4.16g (4.62%), Cholesterol: 2.57mg (0.86%), Sodium: 25.81mg (1.12%), Alcohol: 0.01g (100%), Alcohol %: 0.15% (100%), Protein: 0.63g (1.27%), Vitamin E: 0.42mg (2.77%), Vitamin K: 2.75µg (2.62%), Manganese: 0.05mg (2.52%), Vitamin B2: 0.03mg (1.81%), Selenium: 1.12µg (1.6%), Vitamin B1: 0.02mg (1.52%), Folate: 5.52µg (1.38%), Magnesium: 4.56mg (1.14%), Phosphorus: 11.21mg (1.12%), Iron: 0.2mg (1.1%)