



## Chocolate Candy Cookie Bars

 Dairy Free

READY IN



70 min.

SERVINGS



36

CALORIES



141 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 1.8 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.5 cup nuts chopped
- 0.5 teaspoon salt

- 1 cup semi chocolate chips
- 0.5 cup shortening
- 1.5 teaspoons vanilla

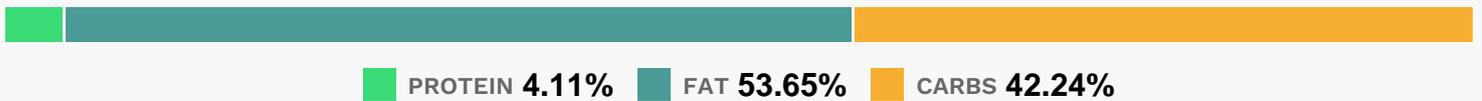
## Equipment

- bowl
- frying pan
- oven
- hand mixer

## Directions

- Heat oven to 375F. In large bowl, beat brown sugar, granulated sugar, butter and shortening with electric mixer on medium speed until light and fluffy, scraping bowl occasionally. Beat in vanilla and egg until well blended.
- On low speed, beat in flour, baking soda and salt until dough forms. With spoon, stir in chocolate candies and nuts.
- Spread dough in ungreased 13x9-inch pan.
- Bake 15 to 25 minutes or until light golden brown. Cool completely, about 30 minutes.
- Cut into 6 rows by 6 rows.

## Nutrition Facts



## Properties

Glycemic Index:4.85, Glycemic Load:5.39, Inflammation Score:-2, Nutrition Score:2.4317391509919%

## Nutrients (% of daily need)

Calories: 141.12kcal (7.06%), Fat: 8.51g (13.1%), Saturated Fat: 2.53g (15.78%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.34g (5.22%), Sugar: 9.1g (10.11%), Cholesterol: 4.85mg (1.62%), Sodium: 96.47mg (4.19%), Alcohol: 0.06g (100%), Alcohol %: 0.26% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.47g (2.94%), Manganese: 0.15mg (7.51%), Copper: 0.1mg (5.01%), Selenium: 2.93µg (4.18%), Iron: 0.73mg (4.05%), Magnesium: 15.31mg (3.83%), Vitamin B1: 0.05mg (3.65%), Folate: 12.77µg (3.19%), Phosphorus: 31.6mg (3.16%), Fiber: 0.74g (2.98%), Vitamin B2:

0.04mg (2.58%), Vitamin B3: 0.5mg (2.51%), Vitamin A: 122.17IU (2.44%), Vitamin E: 0.32mg (2.12%), Vitamin K: 1.9µg (1.81%), Zinc: 0.27mg (1.79%), Potassium: 56.21mg (1.61%), Vitamin B5: 0.11mg (1.13%), Calcium: 10.94mg (1.09%)