



Chocolate Chip Bars

READY IN



45 min.

SERVINGS



36

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons milk
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 1 cup shortening

☐ 1 teaspoon vanilla extract

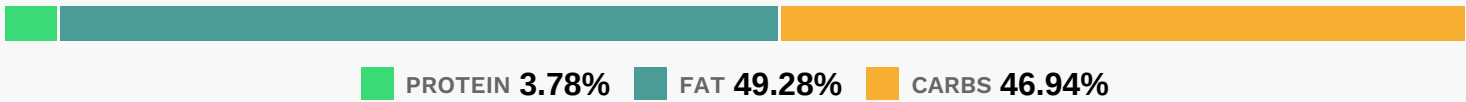
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- ☐ In large bowl, cream shortening, eggs and brown sugar.
- ☐ Add in milk and vanilla extract and mix well. Gradually add in flour, baking powder, baking soda, and salt.
- ☐ Mix until well blended.
- ☐ Fold in chocolate chips and stir until chips are evenly distributed in dough.
- ☐ Spread dough in pan and bake 25 to 30 minutes.
- ☐ Let cool before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:2.373043478831%

Nutrients (% of daily need)

Calories: 143.77kcal (7.19%), Fat: 7.94g (12.21%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 16.43g (5.97%), Sugar: 10.81g (12.01%), Cholesterol: 9.49mg (3.16%), Sodium: 42.76mg (1.86%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.37g (2.74%), Manganese: 0.12mg (6.03%), Selenium: 3.65µg (5.22%), Iron: 0.76mg (4.24%), Copper: 0.08mg (3.93%), Vitamin B1: 0.06mg (3.91%), Folate: 13.95µg (3.49%), Vitamin K: 3.42µg (3.26%), Phosphorus: 28.99mg (2.9%), Magnesium: 11.59mg (2.9%), Vitamin B2: 0.05mg (2.89%), Vitamin E: 0.41mg (2.73%), Fiber: 0.59g (2.35%), Vitamin B3: 0.47mg (2.33%), Calcium: 20.75mg (2.08%), Potassium: 52.79mg (1.51%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.14mg (1.37%)