



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.

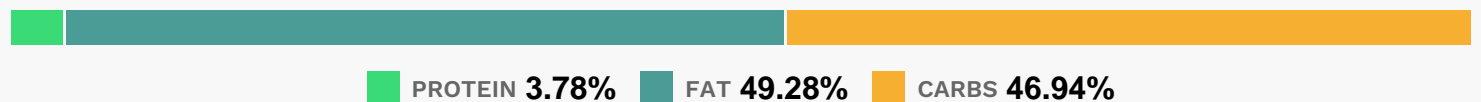
Mix until well blended.

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%)