



Chocolate Chip Brownie Bars

READY IN



360 min.

SERVINGS



24

CALORIES



274 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups firmly brown sugar packed
- ☐ 6.5 ounce brownie mix
- ☐ 1 cup butter softened
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semisweet chocolate morsels
- ☐ 0.3 cup vegetable oil

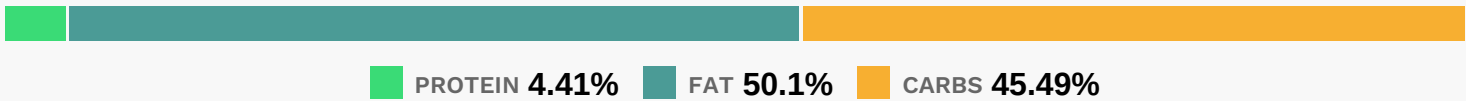
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. Line a 13-by-9-inch baking pan with heavy-duty aluminum foil with a 2-inch overhang. Spray with nonstick cooking spray.
- ☐ In a large bowl, beat the butter and brown sugar at medium-high speed with a mixer until fluffy.
- ☐ Add 2 eggs, beating until well blended. In a medium bowl, combine the flour, baking soda and salt. Gradually add the flour mixture to the butter mixture, beating until the mixture forms a soft dough. Stir in the chocolate morsels.
- ☐ In another large bowl, combine the brownie mix, oil, 1/4 cup water and remaining 2 eggs, beating until well blended.
- ☐ Spread the the cookie dough in prepared pan.
- ☐ Pour the brownie mixture over the dough. Using a knife, swirl the mixtures together.
- ☐ Bake until the edges start to pull away from sides of the pan, 40 minutes.
- ☐ Let cool in the pan for 1 hour. Cover and refrigerate for 4 hours.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:5.75, Inflammation Score:-3, Nutrition Score:4.2226087010425%

Nutrients (% of daily need)

Calories: 273.95kcal (13.7%), Fat: 15.4g (23.69%), Saturated Fat: 7.45g (46.58%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 30.57g (11.11%), Sugar: 19.96g (22.18%), Cholesterol: 51.79mg (17.26%), Sodium: 193.93mg (8.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 3.05g (6.1%), Selenium: 6.98µg (9.97%), Manganese: 0.18mg (9.08%), Iron: 1.42mg (7.89%), Vitamin K: 6.83µg (6.5%), Copper: 0.12mg (6.06%), Vitamin B1: 0.09mg (5.87%), Folate: 23.4µg (5.85%), Vitamin A: 285.11IU (5.7%), Vitamin B2: 0.1mg (5.67%), Phosphorus: 50.07mg (5.01%), Magnesium: 17.92mg (4.48%), Vitamin E: 0.61mg (4.03%), Fiber: 0.88g (3.53%), Vitamin B3: 0.7mg (3.52%), Zinc: 0.39mg (2.61%), Calcium: 24.59mg (2.46%), Potassium: 85.74mg (2.45%), Vitamin B5: 0.22mg (2.24%), Vitamin B12: 0.1µg (1.73%), Vitamin B6: 0.03mg (1.36%), Vitamin D: 0.17µg (1.11%)