

Chocolate Chip Cookie Bars

READY IN



45 min.

SERVINGS



24

CALORIES



208 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 1 cup butter softened
- 2 cups flour all-purpose
- 0.8 cup pecans chopped
- 1 pinch salt
- 1 cup semi chocolate chips
- 1 teaspoon vanilla extract

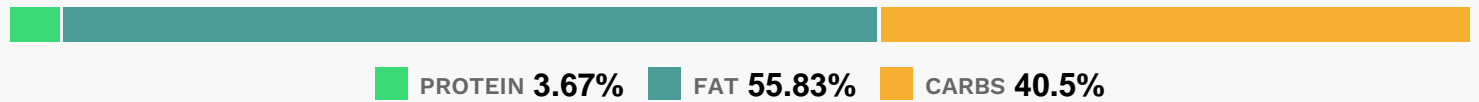
Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, beat together the butter, vanilla and sugar until light and fluffy. Sift together the salt and flour and mix into the butter mixture. Fold in the chocolate chips and nuts.
- Mix until well blended. Press batter into a 15x10 inch jelly roll pan.
- Bake 20 minutes or until golden brown.
- Cut into bars and let cool in pan on wire rack.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:5.77, Inflammation Score:-3, Nutrition Score:3.8539130527364%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 208.01kcal (10.4%), Fat: 13.1g (20.15%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 20.16g (7.33%), Sugar: 11.84g (13.15%), Cholesterol: 20.79mg (6.93%), Sodium: 65.97mg (2.87%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.94g (3.88%), Manganese: 0.33mg (16.5%), Copper: 0.15mg (7.7%), Vitamin B1: 0.11mg (7.14%), Selenium: 4.5µg (6.42%), Iron: 1.11mg (6.17%), Magnesium: 20.65mg (5.16%), Folate: 20.19µg (5.05%), Vitamin A: 242.02IU (4.84%), Fiber: 1.21g (4.83%), Phosphorus: 42.83mg (4.28%), Vitamin B2: 0.06mg (3.7%), Vitamin B3: 0.73mg (3.66%), Zinc: 0.44mg (2.92%), Potassium: 82.35mg (2.35%), Vitamin E: 0.32mg (2.12%), Calcium: 18.49mg (1.85%), Vitamin K: 1.35µg (1.29%),

Vitamin B5: 0.12mg (1.2%)