



Chocolate Chip Cookie Bars

READY IN



45 min.

SERVINGS



16

CALORIES



240 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup t brown sugar dark packed
- 2 tablespoons butter at room temperature
- 1 large eggs
- 1.5 cups flour all-purpose
- 2 tablespoons granulated sugar
- 2 cups rolled oats
- 0.5 teaspoon salt

- 1 cup semi chocolate chips
- 0.5 cup apple sauce unsweetened
- 1 teaspoon vanilla
- 2 tablespoons vegetable oil

Equipment

- bowl
- oven
- baking pan
- hand mixer

Directions

- In a large bowl, with an electric mixer on medium speed, beat butter, oil, and brown sugar until smooth. Beat in egg, applesauce, and vanilla until well blended.
- In another bowl, mix flour, baking powder, baking soda, and salt; stir or beat into butter mixture until smooth, scraping down sides of bowl as needed. Stir in oats and chocolate chips.
- Spread dough evenly in a lightly oiled 8-inch square baking pan.
- Sprinkle top evenly with granulated sugar.
- Bake in a 350 oven until pale golden brown, about 15 minutes.
- Let cool on a rack about 10 minutes, then cut into 1- by 4-inch bars.
- Let cool completely.

Nutrition Facts



PROTEIN 6.07% **FAT 31.66%** **CARBS 62.27%**

Properties

Glycemic Index:20.44, Glycemic Load:9.92, Inflammation Score:-3, Nutrition Score:6.3708695380584%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 240.33kcal (12.02%), Fat: 8.51g (13.1%), Saturated Fat: 3.87g (24.16%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 35.35g (12.85%), Sugar: 19.86g (22.06%), Cholesterol: 16.06mg (5.35%), Sodium: 155.07mg (6.74%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 9.68mg (3.22%), Protein: 3.68g (7.35%), Manganese: 0.61mg (30.47%), Selenium: 9.02µg (12.89%), Iron: 1.89mg (10.47%), Copper: 0.21mg (10.4%), Vitamin B1: 0.15mg (9.7%), Phosphorus: 96.49mg (9.65%), Magnesium: 38.34mg (9.59%), Fiber: 2.32g (9.3%), Folate: 26.58µg (6.64%), Vitamin B2: 0.1mg (5.69%), Zinc: 0.8mg (5.32%), Vitamin B3: 0.93mg (4.63%), Calcium: 42.67mg (4.27%), Vitamin K: 4.34µg (4.14%), Potassium: 142.14mg (4.06%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.34mg (2.27%), Vitamin B6: 0.03mg (1.61%), Vitamin A: 68.44IU (1.37%)