



Chocolate Chip Cookie Bars

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



186 kcal

DESSERT

Ingredients

- 1.5 cups butter unsalted plus more baking sheet room temperature (3 sticks)
- 4 cups flour all-purpose
- 2 teaspoons baking soda
- 0.8 teaspoon salt
- 1 cup granulated sugar
- 1.5 cups brown sugar packed
- 2 large eggs
- 1 tablespoon vanilla extract pure

18 ounces fries mixed

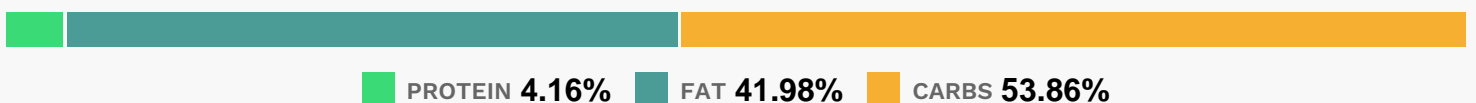
Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- hand mixer
- serrated knife

Directions

- Preheat oven to 350 degrees, with rack in center. Generously butter a 12-by-17-inch rimmed baking sheet; set aside. In a medium bowl, whisk together flour, baking soda, and salt; set aside.
- In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugars on medium speed until light and fluffy, about 2 minutes.
- Add eggs and vanilla; mix until well combined.
- Add flour mixture; beat on low speed until just combined. Beat in chocolate chips.
- Spread dough on prepared baking sheet.
- Bake, rotating sheet halfway through, until edges are brown and top is golden, 40 to 45 minutes.
- Transfer to a wire rack; let cool completely on baking sheet. Use a serrated knife to cut into 1 1/2-by-4-inch bars.
- Sang An

Nutrition Facts



Properties

Glycemic Index:4.99, Glycemic Load:11.9, Inflammation Score:-2, Nutrition Score:2.9082608715348%

Nutrients (% of daily need)

Calories: 185.54kcal (9.28%), Fat: 8.75g (13.46%), Saturated Fat: 4.81g (30.06%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 24.39g (8.87%), Sugar: 12.46g (13.84%), Cholesterol: 26.29mg (8.76%), Sodium: 159.96mg (6.95%), Alcohol: 0.11g (100%), Alcohol %: 0.28% (100%), Protein: 1.95g (3.9%), Selenium: 5.03µg (7.19%), Vitamin B1: 0.1mg (6.92%), Folate: 25.9µg (6.47%), Manganese: 0.12mg (5.79%), Vitamin B3: 0.99mg (4.95%), Vitamin B2: 0.08mg (4.55%), Iron: 0.81mg (4.53%), Vitamin A: 215.45IU (4.31%), Fiber: 0.87g (3.47%), Phosphorus: 29.21mg (2.92%), Potassium: 81.23mg (2.32%), Vitamin B5: 0.17mg (1.74%), Vitamin B6: 0.03mg (1.74%), Magnesium: 6mg (1.5%), Vitamin E: 0.22mg (1.47%), Copper: 0.03mg (1.42%), Calcium: 12.79mg (1.28%), Vitamin D: 0.17µg (1.13%), Zinc: 0.16mg (1.1%)