



Chocolate Chip Dream Bars

READY IN



95 min.

SERVINGS



32

CALORIES



159 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 1 cup flour all-purpose
- 2 eggs
- 1 cup brown sugar packed
- 1 teaspoon vanilla
- 2 tablespoons flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon salt

- 6 ounces semi chocolate chips (1 cup)
- 1 cup milk chocolate chips
- 0.8 cup milk chocolate chips
- 2 teaspoons vegetable oil

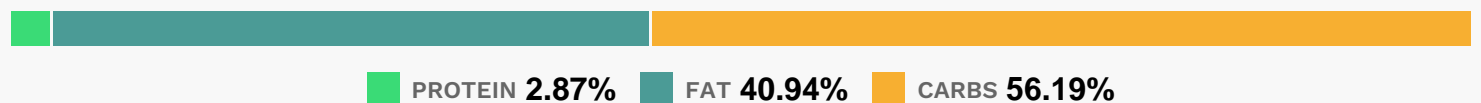
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack

Directions

- Heat oven to 350°F. In medium bowl, mix 1/2 cup brown sugar and the butter. Stir in 1 cup flour. Press in ungreased rectangular pan, 13x9x2 inches.
- Bake 10 minutes.
- Meanwhile, in medium bowl, mix eggs, 1 cup brown sugar and the vanilla. Stir in 2 tablespoons flour, the baking powder and salt. Stir in semisweet and milk chocolate chips.
- Spread over crust.
- Bake bars 15 to 20 minutes or until golden brown. Cool completely in pan on wire rack.
- In 1-quart saucepan, heat all Chocolate Glaze ingredients over low heat, stirring constantly, until chocolate is melted.
- Drizzle glaze over cooled bars. Refrigerate at least 1 hour until firm. For bars, cut into 8 rows by 4 rows. Store at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:2.45, Inflammation Score:-1, Nutrition Score:2.0426086942949%

Nutrients (% of daily need)

Calories: 158.95kcal (7.95%), Fat: 7.34g (11.29%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 22.12g (8.04%), Sugar: 17.62g (19.57%), Cholesterol: 10.55mg (3.52%), Sodium: 79.31mg (3.45%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 4.57mg (1.52%), Protein: 1.16g (2.31%), Manganese: 0.11mg (5.4%), Selenium: 2.9µg (4.14%), Copper: 0.08mg (3.98%), Iron: 0.67mg (3.75%), Calcium: 29.17mg (2.92%), Magnesium: 11.7mg (2.92%), Phosphorus: 27.69mg (2.77%), Vitamin B1: 0.04mg (2.49%), Folate: 9.43µg (2.36%), Potassium: 81.67mg (2.33%), Vitamin B2: 0.04mg (2.22%), Fiber: 0.54g (2.17%), Vitamin A: 102.09IU (2.04%), Vitamin B3: 0.32mg (1.59%), Zinc: 0.21mg (1.4%), Vitamin E: 0.16mg (1.06%)