



Chocolate Chip Oreo Brownie Bars

 Popular

READY IN



45 min.

SERVINGS



16

CALORIES



381 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup chocolate chips
- ☐ 6 tablespoons natural cocoa powder unsweetened
- ☐ 16 servings cookie base
- ☐ 1 large eggs
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 6 tablespoons brown sugar light packed
- ☐ 9 double stuff oreos
- ☐ 0.1 teaspoon salt
- ☐ 4 ounces butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil

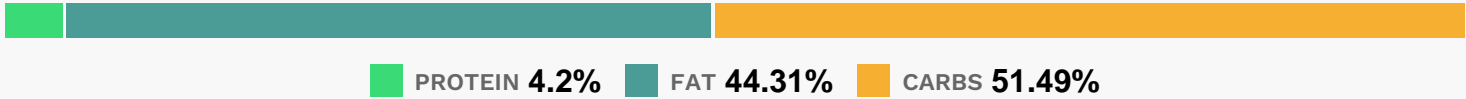
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square metal baking pan with foil and spray the foil with cooking spray. Cream the butter with the brown and granulated sugar. Beat in the vanilla and egg and beat just until the egg is mixed, then beat in the salt and baking soda. By hand, stir in the flour until it is incorporated. Stir in the chocolate chips. Press dough into the bottom of the pan as evenly as possible. Press 9 whole Oreos directly into the dough. Wash out the mixing bowl.
- ☐ Add the cocoa powder and oil and whisk until smooth.
- ☐ Whisk in the eggs, sugar, vanilla and salt until smooth; stir in the flour.
- ☐ Spread this batter over the Oreos.
- ☐ Bake on the center rack at 350 for 38 to 40 minutes or until brownies appear set and edges are puffed up. Unfortunately, the toothpick test doesn't really work here. Cool on a wire rack. When cool, chill the brownies for about 2 or 3 hours. Lift from pan and cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:23.16, Inflammation Score:-3, Nutrition Score:6.116521778314%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 380.56kcal (19.03%), Fat: 19.13g (29.42%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 48.59g (17.67%), Sugar: 30.04g (33.38%), Cholesterol: 50.11mg (16.7%), Sodium: 193.41mg (8.41%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 4.65mg (1.55%), Protein: 4.08g (8.15%), Manganese: 0.28mg (14.22%), Iron: 2.39mg (13.27%), Vitamin B1: 0.16mg (10.92%), Vitamin B2: 0.19mg (10.9%), Folate: 42.78µg (10.7%), Selenium: 7.42µg (10.6%), Vitamin E: 1.23mg (8.2%), Vitamin K: 8.02µg (7.64%), Vitamin B3: 1.5mg (7.48%), Copper: 0.14mg (6.92%), Phosphorus: 65.31mg (6.53%), Fiber: 1.41g (5.65%), Vitamin A: 251.95IU (5.04%), Magnesium: 19.44mg (4.86%), Potassium: 117.88mg (3.37%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.29mg (2.93%), Calcium: 24.54mg (2.45%), Vitamin B6: 0.04mg (2.21%), Vitamin D: 0.29µg (1.96%), Vitamin B12: 0.1µg (1.59%)