



Chocolate-Chip-Pecan Cookie Bars

READY IN



60 min.

SERVINGS



20

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons canola oil
- ☐ 1 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup brown sugar light
- ☐ 1 cup pecans
- ☐ 1 cup semi chocolate chips
- ☐ 4 tablespoons butter unsalted softened

- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.5 cups pastry flour whole wheat

Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ cutting board

Directions

- ☐ Preheat the oven to 350 and line the bottom of a 9-by-13-inch baking pan with parchment paper.
- ☐ Spread the pecans in a pie plate and toast for about 8 minutes, until golden. Chop the pecans and let cool.
- ☐ In the bowl of a standing electric mixer, beat the butter and oil with the granulated sugar and brown sugar until creamy. Beat in the egg and vanilla until smooth. In a small bowl, whisk the flour with the baking soda and salt; beat the dry ingredients into the mixer at low speed.
- ☐ Add the chocolate chips and pecans; beat just until incorporated.
- ☐ Transfer the dough to the prepared baking pan and press into an even layer.
- ☐ Bake for about 20 minutes, until lightly browned and nearly set in the center.
- ☐ Let cool completely, then run a knife around the edges and invert the rectangle. Peel off the paper and invert onto a cutting board.
- ☐ Cut and serve.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:1.77, Inflammation Score:-2, Nutrition Score:5.3395652074529%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 173.59kcal (8.68%), Fat: 11.15g (17.16%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 14.96g (5.44%), Sugar: 8.74g (9.71%), Cholesterol: 15.86mg (5.29%), Sodium: 91.25mg (3.97%), Alcohol: 0.07g (100%), Alcohol %: 0.25% (100%), Caffeine: 7.74mg (2.58%), Protein: 2.54g (5.07%), Manganese: 0.71mg (35.57%), Copper: 0.21mg (10.63%), Selenium: 7.35µg (10.5%), Magnesium: 34.79mg (8.7%), Fiber: 2.16g (8.63%), Phosphorus: 74.99mg (7.5%), Iron: 1.08mg (6.02%), Vitamin B1: 0.08mg (5.46%), Zinc: 0.73mg (4.89%), Vitamin E: 0.52mg (3.48%), Potassium: 112.13mg (3.2%), Vitamin B3: 0.59mg (2.93%), Vitamin B6: 0.06mg (2.78%), Vitamin B2: 0.04mg (2.28%), Vitamin K: 2.19µg (2.09%), Vitamin A: 91.55IU (1.83%), Vitamin B5: 0.17mg (1.69%), Calcium: 16.54mg (1.65%), Folate: 6.34µg (1.58%)