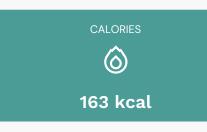


Chocolate Chunk Blondies







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

0.3 cup butter	melted

1 cup bittersweet chocolate (from 11.5-oz bag)

0.3 cup chocolate frosting betty crocker®

2 eggs

1 box vanilla cake donut holes french betty crocker® supermoist®

2 tablespoons water

Equipment

bowl

	frying pan	
	oven	
	microwave	
	. .	
Directions		
	Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan. In large bowl, mix cake mix, butter, water and eggs with spoon. Stir in chocolate chunks.	
	Spread evenly in pan.	
	Bake 21 to 26 minutes or until edges are golden brown. Cool completely, about 1 hour.	
	In small microwavable bowl, microwave frosting uncovered on High 20 to 25 seconds or until melted; stir.	
	Drizzle over bars.	
	Let stand about 30 minutes or until frosting is set. For bars, cut into 6 rows by 4 rows. Or for triangles, cut bars into 6 rows by 2 rows, then cut each bar diagonally in half to form triangles. Store covered at room temperature.	
Nutrition Facts		
	PROTEIN 4.53% FAT 38.52% CARBS 56.95%	

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.3108695568112%

Nutrients (% of daily need)

Calories: 162.73kcal (8.14%), Fat: 7.03g (10.81%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 22.53g (8.19%), Sugar: 13.57g (15.07%), Cholesterol: 14.08mg (4.69%), Sodium: 190.76mg (8.29%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 6.33mg (2.11%), Protein: 1.86g (3.72%), Phosphorus: 102.02mg (10.2%), Manganese: 0.15mg (7.47%), Copper: 0.12mg (5.88%), Iron: 0.99mg (5.5%), Calcium: 54.98mg (5.5%), Selenium: 3.62µg (5.17%), Folate: 16.87µg (4.22%), Magnesium: 16.41mg (4.1%), Vitamin B2: 0.07mg (4.05%), Vitamin B1: 0.05mg (3.42%), Fiber: 0.85g (3.39%), Vitamin B3: 0.58mg (2.91%), Vitamin E: 0.42mg (2.77%), Vitamin A: 136.25IU (2.73%), Zinc: 0.35mg (2.33%), Potassium: 67.24mg (1.92%), Vitamin B5: 0.14mg (1.45%), Vitamin K: 1.12µg (1.06%)