



Chocolate Marbled Banana Nut Bars

 Dairy Free

READY IN



195 min.

SERVINGS



20

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter softened
- 1 eggs
- 0.8 cup banana very ripe mashed
- 0.5 cup walnut pieces chopped
- 1.3 cups semi chocolate chips

Equipment

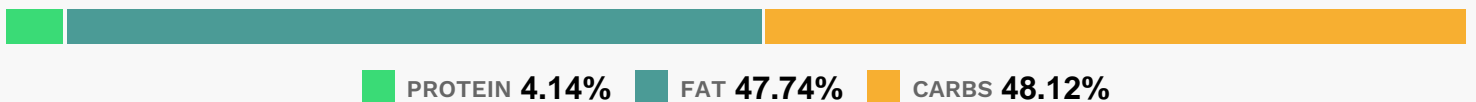
- bowl

- frying pan
- oven
- knife
- toothpicks
- microwave

Directions

- Heat oven to 350°F. Spray bottom and sides of 9-inch square pan with cooking spray. In large bowl, stir cookie mix, 1/2 cup butter and egg until soft dough forms. Reserve 1 cup of the dough. To the remaining dough, add mashed banana and walnuts; mix well.
- Spread in bottom of pan.
- In medium microwavable bowl, microwave 3/4 cup of the chocolate chips with the remaining 2 tablespoons butter on High about 1 minute, stirring after 30 seconds, until melted and smooth.
- Add reserved cookie dough; stir until well blended. Drop chocolate dough by spoonfuls evenly over top of banana mixture; spread gently to almost cover. Swirl chocolate mixture into banana mixture with knife for marbled design.
- Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes.
- In small microwavable bowl, microwave remaining 1/2 cup chocolate chips on High about 1 minute, stirring after 30 seconds, until melted and smooth.
- Drizzle over bars. Cool completely, about 2 hours. For bars, cut into 5 rows by 4 rows. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.74, Glycemic Load:0.66, Inflammation Score:-3, Nutrition Score:3.2169565130835%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg

Nutrients (% of daily need)

Calories: 230.68kcal (11.53%), Fat: 12.35g (19%), Saturated Fat: 3.68g (23%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 26.77g (9.73%), Sugar: 16.41g (18.23%), Cholesterol: 8.86mg (2.95%), Sodium: 128.75mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 2.41g (4.82%), Manganese: 0.26mg (13.24%), Copper: 0.19mg (9.64%), Magnesium: 26.37mg (6.59%), Iron: 0.94mg (5.21%), Fiber: 1.24g (4.97%), Phosphorus: 46.27mg (4.63%), Vitamin A: 224.68IU (4.49%), Potassium: 102.24mg (2.92%), Zinc: 0.43mg (2.84%), Selenium: 1.82µg (2.6%), Folate: 9.05µg (2.26%), Vitamin B6: 0.04mg (2.22%), Vitamin B1: 0.03mg (2.11%), Vitamin B2: 0.03mg (2.03%), Vitamin E: 0.29mg (1.94%), Vitamin B3: 0.27mg (1.33%), Calcium: 13.06mg (1.31%), Vitamin B5: 0.11mg (1.08%)