



## Chocolate & Peanut Butter Chip Cookie Bars

READY IN



45 min.

SERVINGS



36

CALORIES



168 kcal

DESSERT

### Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 cup chocolate chips
- ☐ 3 large eggs
- ☐ 2.3 cups brown sugar light
- ☐ 1 cup peanut butter chips
- ☐ 0.5 teaspoon salt
- ☐ 11.5 ounces unbleached flour all-purpose
- ☐ 0.7 cup butter unsalted melted
- ☐ 1 teaspoon vanilla extract

☐ 1 cup walnuts toasted chopped

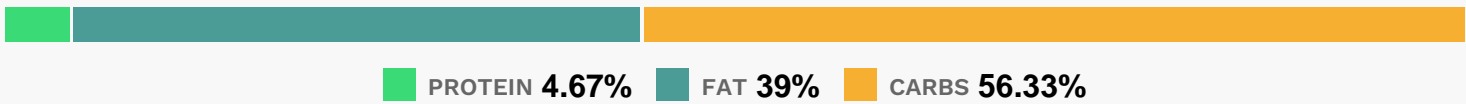
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Preheat the oven to 350 degrees F. Spray 10×15 inch jelly roll pan with baking spray. For thicker bars, you may use a 9×13 inch pan, but you'll probably have to adjust the baking time.
- ☐ Mix the flour, baking powder and salt together and set aside.In another large bowl, combine the hot melted butter and brown sugar, stirring until smooth. Allow the mixture to cool slightly.
- ☐ Add the eggs one at a time, beating well after each addition. Stir in the flour mixture. Make sure the mixture is cool (you don't want to melt the chips too quickly!) then add the chips and nuts.
- ☐ Spread the batter into the prepared pan.
- ☐ Bake the bars for 24 to 26 minutes, until their top is shiny and golden. Don't overbake (I slightly underbaked mine) or the bars will be dry; a cake tester inserted into the center will not come out clean.
- ☐ Remove the bars from the oven and cool to room temperature before cutting.

## Nutrition Facts



## Properties

Glycemic Index:5.19, Glycemic Load:5.12, Inflammation Score:-1, Nutrition Score:2.864347813732%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

## Nutrients (% of daily need)

Calories: 168.04kcal (8.4%), Fat: 7.44g (11.45%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 23.72g (8.63%), Sugar: 16.34g (18.15%), Cholesterol: 24.54mg (8.18%), Sodium: 72.23mg (3.14%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 2.01g (4.01%), Manganese: 0.18mg (9.16%), Selenium: 4.72µg (6.74%), Vitamin B1: 0.08mg (5.6%), Folate: 21.98µg (5.49%), Vitamin B2: 0.07mg (4.13%), Iron: 0.72mg (3.98%), Calcium: 39.22mg (3.92%), Copper: 0.08mg (3.75%), Phosphorus: 36.93mg (3.69%), Vitamin B3: 0.59mg (2.96%), Vitamin A: 128.2IU (2.56%), Magnesium: 9.04mg (2.26%), Fiber: 0.46g (1.85%), Potassium: 63.58mg (1.82%), Vitamin B6: 0.03mg (1.72%), Zinc: 0.23mg (1.5%), Vitamin B5: 0.14mg (1.45%), Vitamin E: 0.17mg (1.13%)