



Congo Bars

 Dairy Free

READY IN



45 min.

SERVINGS



25

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2.3 cups firmly brown sugar packed
- ☐ 0.7 cup butter melted
- ☐ 3 eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 6 ounce semi-sweet chocolate morsels

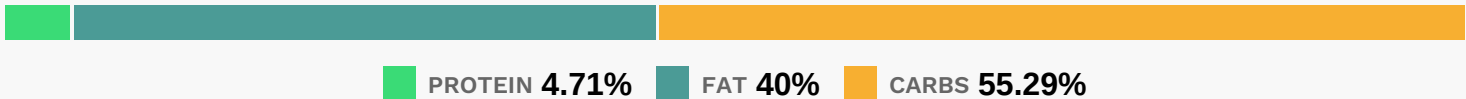
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine butter and sugar in a medium mixing bowl; mix well.
- ☐ Add eggs, flour, baking powder, salt, chocolate, and pecans; mix well.
- ☐ Spoon mixture into a greased 15- x 10- x 1-inch jellyroll pan.
- ☐ Bake at 350 for 25 to 30 minutes. Cool in pan; cut into 3- x 2-inch bars.

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:7.71, Inflammation Score:-3, Nutrition Score:5.1378260309929%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 248.88kcal (12.44%), Fat: 11.26g (17.32%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 33.68g (12.25%), Sugar: 22.64g (25.16%), Cholesterol: 20.05mg (6.68%), Sodium: 160.19mg (6.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.85mg (1.95%), Protein: 2.98g (5.96%), Manganese: 0.39mg (19.75%), Selenium: 7.27µg (10.38%), Vitamin B1: 0.14mg (9.44%), Copper: 0.17mg (8.53%), Iron: 1.46mg (8.12%), Folate: 28.87µg (7.22%), Phosphorus: 66.05mg (6.6%), Vitamin B2: 0.1mg (6.08%), Magnesium: 23.05mg (5.76%), Calcium: 54.68mg (5.47%), Fiber: 1.33g (5.34%), Vitamin A: 250.88IU (5.02%), Vitamin B3: 0.95mg (4.74%), Zinc: 0.55mg (3.66%), Potassium: 108.39mg (3.1%), Vitamin E: 0.35mg (2.35%), Vitamin B5: 0.23mg (2.31%), Vitamin B6: 0.04mg (1.77%), Vitamin B12: 0.07µg (1.09%)