



Congo Bars I

 Dairy Free

READY IN



45 min.

SERVINGS



35

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 2.3 cups brown sugar packed
- 3 eggs
- 2 cups flour all-purpose sifted
- 0.5 teaspoon salt
- 2 cups semi chocolate chips
- 0.7 cup shortening
- 1 teaspoon vanilla extract

1 cup walnut pieces chopped

Equipment

frying pan

oven

Directions

Preheat oven to 350 degrees F (180 degrees C).

Melt shortening, stir in brown sugar.

Let cool.

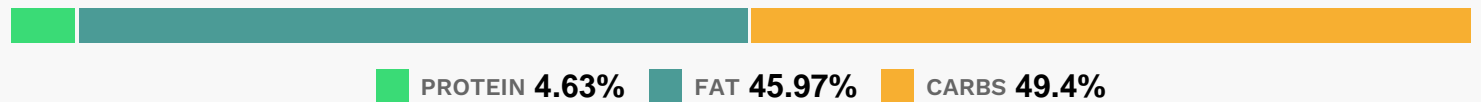
Beat in the eggs.

Add dry ingredients.

Add chocolate chips, nuts and vanilla.

Pour in 10 x 15-inch pan and bake for 30 minutes. Cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:5.34, Glycemic Load:4.05, Inflammation Score:-2, Nutrition Score:4.0791304391687%

Flavonoids

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

Nutrients (% of daily need)

Calories: 201.52kcal (10.08%), Fat: 10.45g (16.08%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 25.28g (8.43%), Net Carbohydrates: 24.04g (8.74%), Sugar: 17.63g (19.59%), Cholesterol: 14.65mg (4.88%), Sodium: 68.17mg (2.96%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Caffeine: 8.85mg (2.95%), Protein: 2.37g (4.74%), Manganese: 0.31mg (15.48%), Copper: 0.2mg (10.06%), Iron: 1.27mg (7.08%), Selenium: 4.78µg (6.82%), Magnesium: 26.76mg (6.69%), Phosphorus: 59.07mg (5.91%), Fiber: 1.24g (4.96%), Vitamin B1: 0.07mg (4.87%), Folate: 18.26µg (4.57%), Calcium: 38.08mg (3.81%), Vitamin B2: 0.06mg (3.69%), Zinc: 0.48mg (3.19%), Potassium: 104.94mg (3%), Vitamin B3: 0.56mg (2.82%), Vitamin K: 2.94µg (2.8%), Vitamin E: 0.37mg (2.45%), Vitamin B6: 0.04mg (1.84%), Vitamin B5: 0.18mg (1.84%)