



Congo Squares

READY IN



45 min.

SERVINGS



48

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.8 cup butter melted
- 3 eggs
- 2.8 cups flour all-purpose
- 2.3 cups brown sugar light packed
- 0.5 teaspoon salt
- 6 ounces bittersweet chocolate
- 1 cup walnut pieces chopped

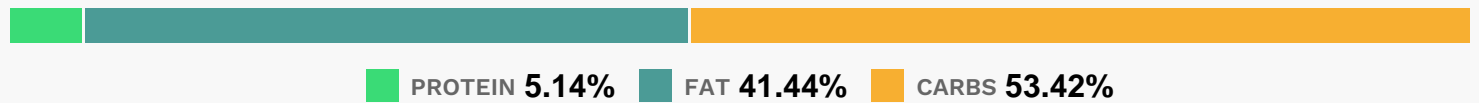
Equipment

- frying pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking pan. Set aside.
- In a large mixing bowl, combine butter or margarine and brown sugar; cool slightly. Beat in eggs, one at a time. In a separate bowl, combine flour, baking powder, and salt; add to sugar mixture and mix well. Stir in nuts and chocolate chips.
- Pour into prepared pan.
- Bake for 25 to 30 minutes. When almost cool, cut into 48 squares.

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:4.04, Inflammation Score:-1, Nutrition Score:2.6721739137302%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 131.19kcal (6.56%), Fat: 6.16g (9.47%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 17.21g (6.26%), Sugar: 11.4g (12.67%), Cholesterol: 18.07mg (6.02%), Sodium: 76.45mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 1.72g (3.43%), Manganese: 0.19mg (9.32%), Selenium: 3.85µg (5.5%), Copper: 0.1mg (5.01%), Vitamin B1: 0.07mg (4.46%), Iron: 0.77mg (4.29%), Folate: 17µg (4.25%), Phosphorus: 36.66mg (3.67%), Magnesium: 13.05mg (3.26%), Vitamin B2: 0.05mg (3.21%), Calcium: 28.87mg (2.89%), Fiber: 0.64g (2.56%), Vitamin B3: 0.49mg (2.47%), Vitamin A: 105.75IU (2.11%), Zinc: 0.26mg (1.74%), Potassium: 56.91mg (1.63%), Vitamin B6: 0.03mg (1.32%), Vitamin B5: 0.12mg (1.16%), Vitamin E: 0.15mg (1.02%)