



## Double Chocolate and Gingerbread Cookie Bars

READY IN



70 min.

SERVINGS



24

CALORIES



220 kcal

DESSERT

### Ingredients

- ☐ 17.5 oz basic cookie mix chunk
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons water
- ☐ 1 eggs
- ☐ 17.5 oz betty limited edition gingerbread cookie mix
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon water
- ☐ 1 eggs

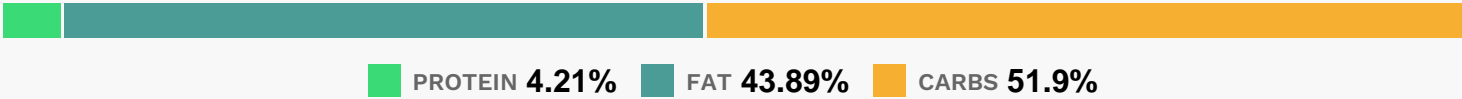
# Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

# Directions

- ☐ Heat oven to 375°F (350°F for dark or nonstick pans).
- ☐ In medium bowl, stir together Chocolate Dough ingredients until soft dough forms. In second medium bowl, stir together Gingerbread Dough ingredients until soft dough forms.
- ☐ In bottom of ungreased 13x9-inch (3-quart) glass baking dish, spoon heaping spoonfuls of Chocolate Dough 2 inches apart. Repeat with Gingerbread Dough, placing spoonfuls of dough between chocolate dough. Press dough into an even layer.
- ☐ Bake 10 to 15 minutes or until golden brown. Cool completely, about 45 minutes. For bars, cut into 6 rows by 4 rows.

# Nutrition Facts



# Properties

Glycemic Index:2.08, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.5960869711378%

# Nutrients (% of daily need)

Calories: 219.84kcal (10.99%), Fat: 11.31g (17.39%), Saturated Fat: 4.55g (28.44%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 26.5g (9.63%), Sugar: 11.36g (12.62%), Cholesterol: 23.81mg (7.94%), Sodium: 68.16mg (2.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Manganese: 3.28mg (163.81%), Iron: 4.21mg (23.41%), Calcium: 144.22mg (14.42%), Fiber: 3.58g (14.34%), Vitamin K: 10.39µg (9.89%), Magnesium: 28.67mg (7.17%), Vitamin C: 4.84mg (5.86%), Copper: 0.1mg (5.15%), Vitamin E: 0.73mg (4.89%), Vitamin B6: 0.09mg (4.45%), Selenium: 3.1µg (4.42%), Potassium: 152.55mg (4.36%), Vitamin A: 191.93IU (3.84%), Zinc: 0.54mg (3.61%), Phosphorus: 32.79mg (3.28%), Vitamin B2: 0.05mg (3.09%), Vitamin B3: 0.55mg (2.74%), Vitamin B1: 0.03mg (2.3%), Folate: 6.83µg (1.71%)