

Dump Bars

 Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 2 cups sugar white

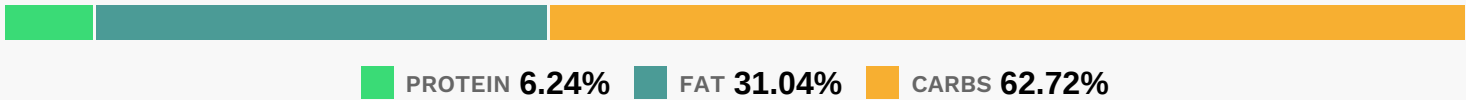
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- ☐ In a large bowl, stir together sugar, eggs, oil, and vanilla until well blended.
- ☐ Combine the flour, cocoa, and salt; mix into the egg mixture until just moistened.
- ☐ Spread the batter evenly into the prepared pan.
- ☐ Sprinkle chocolate chips over the top.
- ☐ Bake for 30 to 35 minutes in preheated oven, or until brownies start to pull away from the sides of the pan. Allow to cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:24.75, Inflammation Score:-3, Nutrition Score:6.2304347131563%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 266.56kcal (13.33%), Fat: 9.49g (14.59%), Saturated Fat: 3.79g (23.72%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 40.81g (14.84%), Sugar: 31.19g (34.65%), Cholesterol: 55.28mg (18.43%), Sodium: 178.17mg (7.75%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Caffeine: 16.91mg (5.64%), Protein: 4.29g (8.58%), Manganese: 0.35mg (17.55%), Copper: 0.29mg (14.36%), Selenium: 9.85µg (14.07%), Iron: 1.94mg (10.8%), Magnesium: 39.67mg (9.92%), Phosphorus: 93.3mg (9.33%), Fiber: 2.32g (9.28%), Vitamin B2: 0.14mg (8.24%), Folate: 28.14µg (7.04%), Vitamin B1: 0.1mg (6.61%), Vitamin K: 6.36µg (6.06%), Zinc: 0.78mg (5.22%), Vitamin B3: 0.83mg (4.16%), Potassium: 144.7mg (4.13%), Vitamin B5: 0.32mg (3.17%), Vitamin E: 0.47mg (3.15%), Vitamin B12:

0.15µg (2.54%), Calcium: 21.38mg (2.14%), Vitamin D: 0.29µg (1.96%), Vitamin B6: 0.04mg (1.87%), Vitamin A: 85.2IU (1.7%)