



Easy Chocolate Chip Cookie Bars

READY IN



35 min.

SERVINGS



36

CALORIES



133 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar light packed
- 1 cup butter softened (2 sticks)
- 2 cups flour
- 1 cup planters pecans chopped
- 0.1 tsp salt
- 4 oz baker's semi-sweet chocolate chopped (6 oz.)
- 1 tsp vanilla

Equipment

- bowl
- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350F. Beat butter, sugar and vanilla with electric mixer on medium speed until well blended.
- Mix flour and salt in separate bowl.
- Add to butter mixture; mix well. Stir in chocolate and pecans. Press mixture into ungreased 13x9-inch baking pan.
- Bake 25 min. or until lightly browned. Cool completely.

Nutrition Facts

PROTEIN 3.68% **FAT 56.85%** **CARBS 39.47%**

Properties

Glycemic Index:3.75, Glycemic Load:3.85, Inflammation Score:-2, Nutrition Score:2.4713043159117%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 133.21kcal (6.66%), Fat: 8.57g (13.18%), Saturated Fat: 4.13g (25.83%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 12.65g (4.6%), Sugar: 7.24g (8.05%), Cholesterol: 13.75mg (4.58%), Sodium: 50.79mg (2.21%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 1.25g (2.5%), Manganese: 0.23mg (11.48%), Vitamin B1: 0.08mg (5.06%), Copper: 0.09mg (4.43%), Selenium: 2.87µg (4.1%), Iron: 0.64mg (3.57%), Folate: 13.62µg (3.41%), Vitamin A: 160.85IU (3.22%), Fiber: 0.73g (2.92%), Magnesium: 11.43mg (2.86%), Phosphorus: 25.84mg (2.58%), Vitamin B2: 0.04mg (2.47%), Vitamin B3: 0.48mg (2.41%), Zinc: 0.28mg (1.85%), Vitamin E: 0.21mg (1.41%), Potassium: 47.52mg (1.36%), Calcium: 11.72mg (1.17%)