



Fudgy Cookie Bars

READY IN



20 min.

SERVINGS



15

CALORIES



455 kcal

DESSERT

Ingredients

- ☐ 1 cup butter cold cut into pieces
- ☐ 1.8 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 0.8 cup powdered sugar
- ☐ 12 oz semisweet chocolate morsels
- ☐ 14 oz condensed milk sweetened canned
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

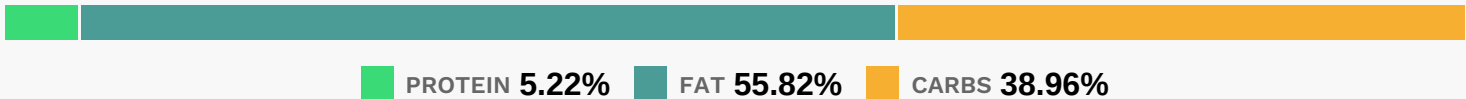
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a large bowl; cut in cold butter pieces with a pastry blender or 2 forks until crumbly. Press mixture onto bottom of a 13- x 9-inch pan.
- ☐ Bake at 350 for 15 minutes.
- ☐ Remove pan, and place on a wire rack.
- ☐ Stir together condensed milk, vanilla, and 1 cup chocolate morsels in a small saucepan over medium heat, stirring occasionally, 5 minutes or until smooth.
- ☐ Pour mixture evenly over prepared crust, spreading to edges of the pan.
- ☐ Sprinkle with chopped pecans or walnuts and remaining chocolate morsels.
- ☐ Bake at 350 for 20 minutes. Cool in pan on a wire rack 1 hour or until completely cool.
- ☐ Cut into 48 (1 1/2-inch) bars.
- ☐ Note: Store bars in airtight containers up to 1 week. You may also freeze bars up to 1 month.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:16.87, Inflammation Score:-5, Nutrition Score:10.223913100751%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin:

1.46mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg
Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epigallocatechin 3–gallate:
0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg
Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 455.43kcal (22.77%), Fat: 28.84g (44.36%), Saturated Fat: 14.82g (92.59%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 41.85g (15.22%), Sugar: 28.98g (32.2%), Cholesterol: 42.89mg (14.3%), Sodium: 133.92mg (5.82%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 22.8mg (7.6%), Protein: 6.06g (12.13%), Manganese: 0.78mg (39.22%), Copper: 0.45mg (22.51%), Phosphorus: 175.96mg (17.6%), Magnesium: 66.28mg (16.57%), Selenium: 11.43µg (16.33%), Iron: 2.55mg (14.17%), Fiber: 3.44g (13.74%), Vitamin B1: 0.2mg (13.03%), Vitamin B2: 0.21mg (12.51%), Calcium: 102.04mg (10.2%), Zinc: 1.39mg (9.29%), Vitamin A: 464.24IU (9.28%), Potassium: 298.09mg (8.52%), Folate: 32.11µg (8.03%), Vitamin B3: 1.23mg (6.15%), Vitamin E: 0.64mg (4.26%), Vitamin B5: 0.41mg (4.13%), Vitamin B12: 0.18µg (3.05%), Vitamin K: 3.18µg (3.03%), Vitamin B6: 0.05mg (2.25%)