



Ginger Chocolate-Chip Bars

READY IN



45 min.

SERVINGS



32

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 4 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1.3 cups granulated sugar
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 cups brown sugar light

- ☐ 12 ounces semi chocolate chips
- ☐ 1 cup butter unsalted plus more for the pan at room temperature (2 sticks)
- ☐ 1 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350 F. Butter a 9-by-13-inch baking pan and line it with 2 crisscrossed pieces of parchment paper, leaving an overhang on all sides. In a large bowl, whisk together the flour, ginger, cinnamon, cloves, baking soda, and salt. With an electric mixer, beat the butter and sugars until fluffy.
- ☐ Add the eggs and vanilla and beat to combine. Gradually add the flour mixture, mixing until just incorporated.
- ☐ Mix in the chocolate chips.
- ☐ Spread the batter evenly in the prepared pan and bake until a toothpick inserted in the center comes out clean, 40 to 50 minutes. Cool completely in the pan, then cut into 32 bars (8 rows by 4 rows). To Wrap: The tight seal on a take-out container will keep the bars moist and chewy. (Soak containers in warm, soapy water to remove glue from labels.) Wrap with a bow and personalize with a handwritten sticker. To Freeze: Instead of baking the batter, freeze it in the pan for up to 2 months. To bake, follow the recipe instructions, baking from frozen, and use the upper end of the time range.

Nutrition Facts



 PROTEIN **4.43%**  FAT **43.25%**  CARBS **52.32%**

Properties

Glycemic Index:4.69, Glycemic Load:10.31, Inflammation Score:-2, Nutrition Score:3.9747825809147%

Nutrients (% of daily need)

Calories: 216.98kcal (10.85%), Fat: 10.54g (16.22%), Saturated Fat: 6.2g (38.75%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 27.55g (10.02%), Sugar: 20.11g (22.34%), Cholesterol: 39.14mg (13.05%), Sodium: 84.01mg (3.65%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Caffeine: 9.14mg (3.05%), Protein: 2.43g (4.86%), Manganese: 0.27mg (13.28%), Selenium: 6.08µg (8.69%), Copper: 0.16mg (7.82%), Iron: 1.29mg (7.14%), Magnesium: 22.65mg (5.66%), Phosphorus: 51.81mg (5.18%), Vitamin B1: 0.08mg (5.02%), Folate: 19.34µg (4.84%), Vitamin B2: 0.08mg (4.79%), Fiber: 1.13g (4.51%), Vitamin A: 216.49IU (4.33%), Vitamin B3: 0.64mg (3.19%), Zinc: 0.44mg (2.93%), Potassium: 93.73mg (2.68%), Calcium: 20.91mg (2.09%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.19mg (1.86%), Vitamin D: 0.23µg (1.54%), Vitamin B12: 0.09µg (1.45%), Vitamin K: 1.34µg (1.28%), Vitamin B6: 0.02mg (1.14%)