



Gluten-Free Cookie Brownie Bars

READY IN



115 min.

SERVINGS



24

CALORIES



255 kcal

DESSERT

Ingredients

- 19 oz chocolate chip cookie mix gluten free
- 0.5 cup butter softened
- 1 teaspoon vanilla gluten-free
- 1 eggs
- 16 oz brownie mix gluten free
- 0.3 cup butter melted
- 2 eggs

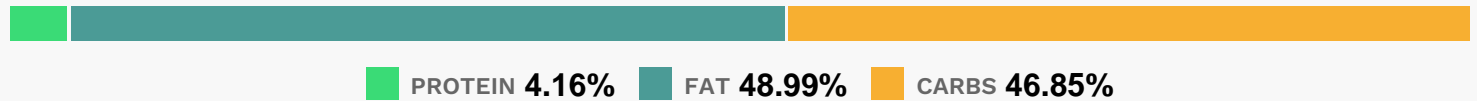
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F. Grease bottom only of 13x9-inch pan with shortening or cooking spray.
- In medium bowl, stir cookie ingredients until soft dough forms. Drop dough by tablespoonfuls onto bottom of pan.
- In another medium bowl, stir brownie ingredients until well blended. Drop batter by tablespoonfuls evenly between mounds of cookie dough.
- Bake 30 to 35 minutes or until cookie portion is golden brown. Cool completely, about 1 hour. For 24 bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:6.19, Glycemic Load:7.09, Inflammation Score:-1, Nutrition Score:1.870869561058%

Nutrients (% of daily need)

Calories: 255.44kcal (12.77%), Fat: 13.97g (21.5%), Saturated Fat: 6.47g (40.41%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 29.43g (10.7%), Sugar: 16.69g (18.55%), Cholesterol: 37.51mg (12.5%), Sodium: 189.2mg (8.23%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 2.67g (5.34%), Vitamin B1: 0.08mg (5.11%), Iron: 0.9mg (4.99%), Folate: 17.83µg (4.46%), Vitamin A: 206.97IU (4.14%), Vitamin B2: 0.07mg (4.01%), Selenium: 1.76µg (2.51%), Fiber: 0.63g (2.51%), Phosphorus: 23.6mg (2.36%), Vitamin B3: 0.46mg (2.28%), Magnesium: 8.23mg (2.06%), Vitamin E: 0.22mg (1.48%), Potassium: 50.39mg (1.44%), Zinc: 0.19mg (1.26%), Vitamin B12: 0.06µg (1.02%)