



Gluten-Free Cookie Brownie Bars

READY IN



115 min.

SERVINGS



24

CALORIES



253 kcal

Ingredients

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

Equipment

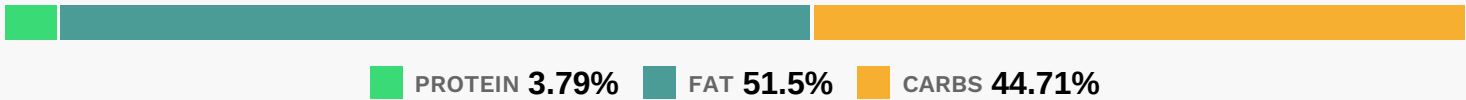
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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 tablespoons onto bottom of pan.
- ☐ In another medium bowl, stir brownie ingredients until well blended. Drop batter by tablespoons 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:2.0199999987431%

Nutrients (% of daily need)

Calories: 253.1kcal (12.65%), Fat: 14.72g (22.65%), Saturated Fat: 6.98g (43.65%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 27.45g (9.98%), Sugar: 16.09g (17.88%), Cholesterol: 37.51mg (12.5%), Sodium: 225.13mg (9.79%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 2.44g (4.88%), Fiber: 1.3g (5.21%), Vitamin B1: 0.08mg (5.11%), Iron: 0.85mg (4.74%), Folate: 17.83µg (4.46%), Vitamin A: 206.97IU (4.14%), Vitamin B2: 0.07mg (4.01%), Selenium: 1.76µg (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%)