



Holiday Cookie Bars

READY IN



70 min.

SERVINGS



16

CALORIES



219 kcal

Ingredients

- ☐ 14 oz chocolate chip cookie mix white
- ☐ 0.7 cup butter softened
- ☐ 2 eggs
- ☐ 0.8 cup cranberries dried
- ☐ 1 orange zest grated

Equipment

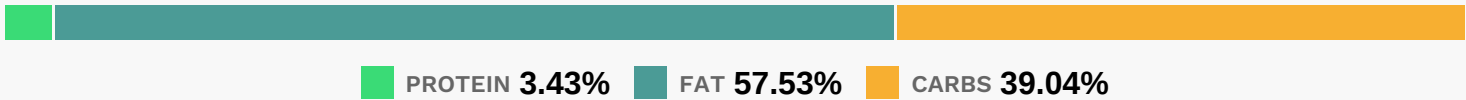
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line 13x9-inch pan with foil, leaving edge hanging over 2 sides of pan. Spray foil with cooking spray.
- ☐ In medium bowl, mix both cookie mixes, butter and eggs. Stir in cranberries and orange peel. Pat mixture evenly in pan.
- ☐ Bake 22 to 25 minutes or until golden brown and just set in middle. Cool completely, at least 30 minutes.
- ☐ Using foil as handles, remove bars from pan.
- ☐ Cut edges off bars, then cut in 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:7.84, Inflammation Score:-2, Nutrition Score:2.2182608467081%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 218.68kcal (10.93%), Fat: 14.24g (21.9%), Saturated Fat: 7.42g (46.38%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 20.66g (7.51%), Sugar: 12.19g (13.54%), Cholesterol: 42.78mg (14.26%), Sodium: 157.99mg (6.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin B1: 0.09mg (5.74%), Vitamin A: 269.21IU (5.38%), Folate: 19.71µg (4.93%), Vitamin B2: 0.08mg (4.43%), Fiber: 1.08g (4.3%), Vitamin B3: 0.54mg (2.71%), Vitamin E: 0.4mg (2.66%), Selenium: 1.82µg (2.61%), Phosphorus: 25.93mg (2.59%), Magnesium: 9.43mg (2.36%), Iron: 0.42mg (2.36%), Potassium: 59.38mg (1.7%), Zinc: 0.21mg (1.41%), Vitamin C: 1.03mg (1.25%), Vitamin B5: 0.11mg (1.11%), Vitamin B12: 0.06µg (1.08%), Vitamin K: 1.11µg (1.06%)