



How to make the perfect Chocolate Chip Egnog Bars

READY IN



45 min.

SERVINGS



9

CALORIES



277 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 tbsp flour
- 8 oz cream cheese softened
- 1 eggs
- 0.3 cup egnog
- 0.3 cup granulated sugar
- 0.3 tsp nutmeg
- 12 oreo cookies
- 0.3 cup chocolate chips sweet

4 tbsp butter unsalted

Equipment

food processor

frying pan

oven

aluminum foil

Directions

Preheat oven to 300 degrees. Line an 8x8 pan with foil and spray with a non-stick spray.

In a food processor, pulse the OREOs until finely crushed.

Add in the butter and pulse again until well combined.

Spread the mixture onto the bottom of your prepared pan and set aside.

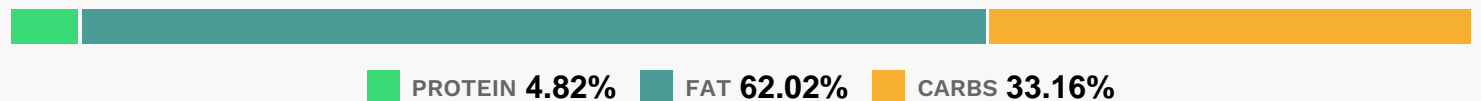
Wipe out the food processor and toss in the cream cheese and sugar. Pulse until nice and creamy, leaving no lumps behind.

Add in the flour, eggnog and eggs, pulsing until well combined. Fold in the chocolate chips and pour the mixture onto the crust layer in your pan. Toss a few chocolate chips on top for appearance, if you like.

Bake for 35–40 minutes, just until edges are set. Cool completely on the counter. Then, move to the fridge for a few hours to chill.

When ready to serve, remove the bars from the pan by lifting the foil. Then, sprinkle the nutmeg on top. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:33.01, Glycemic Load:4.81, Inflammation Score:-4, Nutrition Score:4.2069565217391%

Nutrients (% of daily need)

Calories: 277.45kcal (13.87%), Fat: 19.55g (30.08%), Saturated Fat: 10.78g (67.37%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 23.04g (8.38%), Sugar: 17.42g (19.36%), Cholesterol: 61.37mg (20.46%), Sodium: 152.73mg (6.64%), Protein: 3.42g (6.84%), Iron: 2.09mg (11.6%), Vitamin A: 537.46IU (10.75%), Vitamin B2: 0.14mg (8.06%), Selenium: 5.04µg (7.19%), Phosphorus: 61.31mg (6.13%), Manganese: 0.12mg (5.9%), Vitamin E: 0.82mg (5.5%), Vitamin K: 5.39µg (5.14%), Calcium: 46.22mg (4.62%), Folate: 15.39µg (3.85%), Copper: 0.07mg (3.25%), Potassium: 110.42mg (3.15%), Vitamin B5: 0.3mg (3.05%), Vitamin B1: 0.05mg (3.03%), Magnesium: 12.04mg (3.01%), Vitamin B3: 0.48mg (2.39%), Vitamin B12: 0.14µg (2.36%), Zinc: 0.35mg (2.34%), Fiber: 0.49g (1.95%), Vitamin D: 0.28µg (1.85%), Vitamin B6: 0.03mg (1.51%)