



## M&M Bars

READY IN



45 min.

SERVINGS



16

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup m&ms and chocolate chip to make mixed dark
- ☐ 1 slightly rounded tablespoon regular cream sour
- ☐ 1 large egg plus 2 tablespoons egg generous lightly beaten
- ☐ 1 cup flour all-purpose (6.2 ounces)
- ☐ 0.3 cup granulated sugar (slightly rounded)
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons butter unsalted at room temperature

- ☐ 2 teaspoons vanilla extract
- ☐ 4 tablespoons vegetable shortening at room temperature

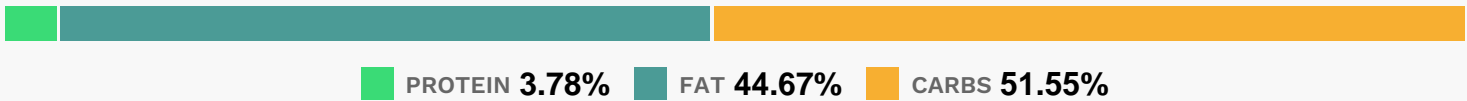
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ aluminum foil
- ☐ cutting board

## Directions

- ☐ Preheat the oven to 350 degrees. Line an 8 inch square metal pan with nonstick foil or parchment.Sift or just stir together the flour, baking powder and salt.
- ☐ Combine the butter and shortening in a mixing bowl and beat with a handheld mixer until creamy. Scrape sides of the bowl.
- ☐ Add both sugars; beat on low, then on medium speed for about until light and fluffy.In a second bowl, mix together the eggs, vanilla and sour cream. With mixer on low or by hand, gradually add the egg mixture to batter in three parts.Stir in the flour mixture, followed by the M&Ms.
- ☐ Transfer the dough to the pan, patting it in evenly and smoothing the surface.
- ☐ Bake for 22 minutes uncovered (at which point it should brown, but a little jiggly in the center), then lay a sheet of foil loosely over the top and with a sheet of foil and bake for about 4 more minutes or until middle no longer jiggles.Cool for 1 hour at room temperature, then transfer to the refrigerator and finish cooling in the refrigerator. Lift from pan, set on a cutting board, cut into 16 squares.

## Nutrition Facts



## Properties

Glycemic Index:17.86, Glycemic Load:11.23, Inflammation Score:-1, Nutrition Score:2.4856521616811%

Nutrients (% of daily need)

Calories: 200.61kcal (10.03%), Fat: 10.01g (15.4%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 25.36g (9.22%), Sugar: 14.68g (16.31%), Cholesterol: 20.4mg (6.8%), Sodium: 159.38mg (6.93%), Alcohol: 0.17g (100%), Alcohol %: 0.5% (100%), Protein: 1.91g (3.81%), Vitamin B1: 0.11mg (7.48%), Folate: 25.85µg (6.46%), Selenium: 3.75µg (5.35%), Vitamin B2: 0.08mg (4.82%), Vitamin B3: 0.77mg (3.85%), Iron: 0.68mg (3.76%), Manganese: 0.06mg (3.01%), Phosphorus: 28.53mg (2.85%), Fiber: 0.63g (2.5%), Calcium: 24.36mg (2.44%), Vitamin A: 105.26IU (2.11%), Vitamin E: 0.32mg (2.1%), Magnesium: 7.8mg (1.95%), Vitamin K: 1.98µg (1.89%), Potassium: 50.49mg (1.44%), Zinc: 0.18mg (1.17%), Vitamin B5: 0.12mg (1.17%)