



Mom's Brown Sugar Bars

READY IN



10 min.

SERVINGS



100

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups almonds sliced
- 0.5 teaspoon double-acting baking powder
- 1 cup firmly brown sugar light packed
- 1 cup butter softened
- 1 large eggs
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 12 oz semisweet chocolate morsels
- 1 teaspoon vanilla extract

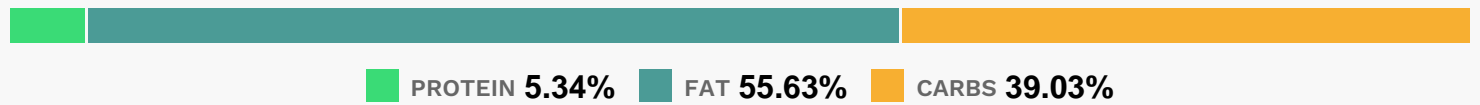
Equipment

- frying pan
- oven
- wire rack
- hand mixer

Directions

- Beat butter and brown sugar at medium speed with an electric mixer until creamy.
- Add egg and vanilla, beating until blended.
- Combine flour, baking powder, and salt; gradually add to butter mixture, beating until blended.
- Press dough into an ungreased 15- x 10-inch jelly-roll pan.
- Bake at 350 for 12 to 15 minutes or until golden.
- Place pan on a wire rack.
- Sprinkle chocolate morsels evenly over warm cookie.
- Let stand 5 minutes; spread chocolate evenly over top.
- Sprinkle evenly with almonds. Cool completely in pan on a wire rack.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:2.27, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:1.4569565222963%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 62.26kcal (3.11%), Fat: 3.9g (6.01%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 5.65g (2.05%), Sugar: 3.46g (3.84%), Cholesterol: 6.94mg (2.31%), Sodium: 30.08mg (1.31%), Alcohol: 0.01g (100%), Alcohol %: 0.14% (100%), Protein: 0.84g (1.69%), Manganese: 0.1mg (4.77%), Copper: 0.06mg (3.09%), Vitamin E: 0.43mg (2.89%), Magnesium: 10.58mg (2.64%), Iron: 0.41mg (2.27%), Fiber: 0.51g (2.05%), Phosphorus: 20.25mg (2.02%), Selenium: 1.39µg (1.99%), Vitamin B2: 0.03mg (1.93%), Vitamin B1: 0.02mg (1.59%), Folate: 5.51µg (1.38%), Vitamin A: 61.14IU (1.22%), Vitamin B3: 0.23mg (1.15%), Zinc: 0.16mg (1.07%), Potassium: 36.31mg (1.04%)