



WHATSheATE



Pat's Chocolate Chip Bars

READY IN



45 min.

SERVINGS



36

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 3.5 cups all purpose flour (440 grams/16 ounces) (Spoon and level)
- ☐ 7 ml baking soda
- ☐ 1 cup brown sugar packed
- ☐ 230 grams regular butter salted
- ☐ 36 servings pat's chocolate chip bars
- ☐ 4 large eggs
- ☐ 290 grams granulated sugar
- ☐ 220 grams pecans chopped
- ☐ 1 ml salt

- ☐ 24 oz semi-sweet chocolate chips (670 grams) (don't cut back)
- ☐ 15 ml vanilla extract pure

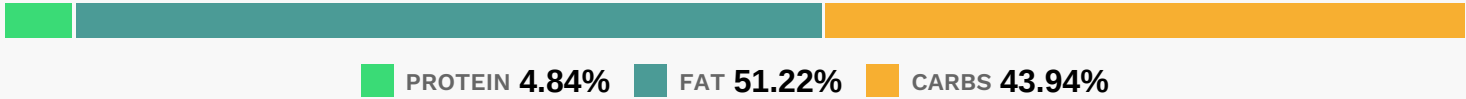
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cream the butter and sugars, beat in the eggs and vanilla..
- ☐ Combine the dry ingredients and blend in.
- ☐ Add chips and nuts.
- ☐ Spread in a greased 15x 10 inch baking pan.
- ☐ Bake at 350F (176 C) for 15-20 minutes. Cool and cut into bars. (Anna's Note — My half batch took about 20 minutes, Janet's full batch took 30, so watch the bars and check at 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.34, Glycemic Load:12.44, Inflammation Score:-3, Nutrition Score:7.0273913125629%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 310.92kcal (15.55%), Fat: 17.92g (27.57%), Saturated Fat: 8.26g (51.64%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 32.06g (11.66%), Sugar: 21.49g (23.88%), Cholesterol: 35.57mg (11.86%), Sodium: 93.4mg (4.06%), Alcohol: 0.13g (100%), Alcohol %: 0.25% (100%), Caffeine: 17.05mg (5.68%), Protein: 3.81g (7.62%), Manganese: 0.63mg (31.72%), Copper: 0.35mg (17.6%), Iron: 2.18mg (12.1%), Magnesium: 47mg (11.75%), Selenium:

7.9µg (11.28%), Fiber: 2.54g (10.14%), Vitamin B1: 0.14mg (9.65%), Phosphorus: 95.07mg (9.51%), Folate: 26.45µg (6.61%), Zinc: 0.98mg (6.51%), Vitamin B2: 0.11mg (6.32%), Potassium: 170.4mg (4.87%), Vitamin B3: 0.97mg (4.87%), Vitamin A: 202.92IU (4.06%), Calcium: 28.39mg (2.84%), Vitamin E: 0.42mg (2.78%), Vitamin B5: 0.27mg (2.67%), Vitamin K: 2.15µg (2.05%), Vitamin B6: 0.04mg (1.86%), Vitamin B12: 0.1µg (1.62%)