



Quick and Easy Chocolate Chip Bars

READY IN



35 min.

SERVINGS



10

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons plus light
- ☐ 1 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 tablespoon water

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18.3 ounce duncan hines classic decadent cake mix yellow

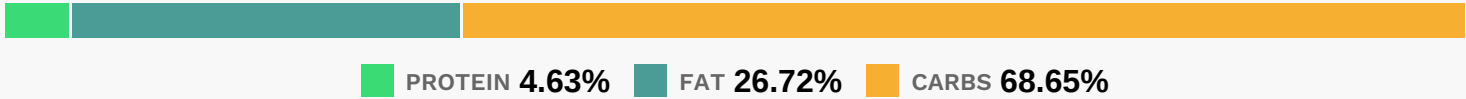
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x9 inch pan.
- ☐ In a large bowl, combine the cake mix, brown sugar and flour.
- ☐ Add the melted butter, corn syrup, egg, water and vanilla; mix until well blended. Stir in the chocolate chips and nuts.
- ☐ Spread batter evenly into the prepared pan.
- ☐ Bake for 25 to 30 minutes in the preheated oven, until golden brown. Cool, and cut into bars.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:1.14, Inflammation Score:-2, Nutrition Score:7.119130415761%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 340.72kcal (17.04%), Fat: 10.27g (15.8%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 59.36g (19.79%), Net Carbohydrates: 57.61g (20.95%), Sugar: 36.39g (40.43%), Cholesterol: 19.92mg (6.64%), Sodium: 397.81mg (17.3%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Caffeine: 7.74mg (2.58%), Protein: 4.01g (8.01%), Manganese: 0.43mg (21.46%), Phosphorus: 214.19mg (21.42%), Calcium: 130.12mg (13.01%), Copper: 0.25mg (12.53%), Folate: 44.47µg (11.12%), Iron: 1.98mg (11%), Vitamin B1: 0.15mg (10.18%), Vitamin B2: 0.16mg (9.25%), Magnesium: 31.72mg (7.93%), Fiber: 1.75g (7.01%), Vitamin B3: 1.4mg (6.98%), Selenium: 4.33µg (6.19%), Vitamin E: 0.65mg (4.33%), Zinc: 0.64mg (4.29%), Vitamin B6: 0.09mg (4.26%), Potassium: 118.45mg (3.38%), Vitamin B5: 0.33mg (3.31%), Vitamin K: 2.42µg (2.3%), Vitamin B12: 0.11µg (1.82%), Vitamin A: 64.42IU (1.29%)