



Raspberry Brownie Cookie Bars

READY IN



140 min.

SERVINGS



24

CALORIES



409 kcal

DESSERT

Ingredients

- 1 box brownie mix (1 lb 2.3 oz)
- 0.5 cup butter softened
- 17.5 oz chocolate chip cookie mix
- 3 eggs
- 1.5 cups milk chocolate chips
- 0.7 cup pecans chopped
- 0.5 cup raspberry jam
- 14 oz condensed milk sweetened canned (not evaporated)
- 0.3 cup vegetable oil

- 0.5 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks
- aluminum foil

Directions

- Heat oven to 350F. Line 13x9-inch pan with foil, leaving foil overhanging at 2 opposite sides of pan.
- In large bowl, stir brownie mix, water, oil and 2 of the eggs until blended.
- Spread half of the batter in pan.
- In medium bowl, stir cookie mix, butter and remaining 1 egg until soft dough forms. Spoon cookie dough over brownie batter in pan; pat with spoon to form second layer.
- Pour remaining brownie batter evenly over cookie dough.
- Bake 28 to 30 minutes or until toothpick inserted 2 inches from side of pan comes out clean.
- Meanwhile, in small saucepan, heat condensed milk and chocolate chips over medium heat, stirring constantly, until chips are melted and mixture is smooth.
- Pour over warm brownie base. Drop teaspoonfuls of raspberry preserves on condensed milk mixture.
- Sprinkle with pecans.
- Bake 18 to 20 minutes longer or until top is set. Cool completely, about 1 hour. Use foil to lift from pan.
- Cut into 6 rows by 4 rows.

Nutrition Facts



■ PROTEIN 4.14% ■ FAT 45.57% ■ CARBS 50.29%

Properties

Glycemic Index:9.36, Glycemic Load:14.67, Inflammation Score:-2, Nutrition Score:4.058260878791%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 409.49kcal (20.47%), Fat: 21.02g (32.34%), Saturated Fat: 8.59g (53.71%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 51.26g (18.64%), Sugar: 36.24g (40.27%), Cholesterol: 37.9mg (12.63%), Sodium: 197.99mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Vitamin B2: 0.14mg (8.36%), Phosphorus: 73.73mg (7.37%), Vitamin B1: 0.11mg (7.11%), Manganese: 0.14mg (7.08%), Selenium: 4.44µg (6.34%), Calcium: 62.9mg (6.29%), Iron: 1.09mg (6.03%), Folate: 19.84µg (4.96%), Potassium: 157.71mg (4.51%), Vitamin K: 4.73µg (4.5%), Magnesium: 15.87mg (3.97%), Vitamin A: 193.73IU (3.87%), Fiber: 0.95g (3.79%), Zinc: 0.48mg (3.17%), Vitamin E: 0.43mg (2.87%), Copper: 0.05mg (2.53%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.24mg (2.41%), Vitamin B12: 0.13µg (2.16%), Vitamin C: 1.09mg (1.32%), Vitamin B6: 0.03mg (1.29%)