



Red Velvet Bars

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking cocoa
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 eggs beaten
- ☐ 0.5 cup oil
- ☐ 0.5 cup pecans chopped
- ☐ 18.5 oz velvet cake mix red
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water

- ☐ 20 servings optional: whipped topping chopped
- ☐ 1 cup chocolate chips white

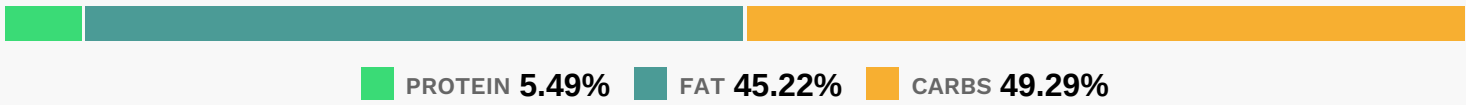
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large bowl, combine dry cake mix, brown sugar and cocoa. Stir in eggs, oil, vanilla and water.
- ☐ Mix in chocolate chips and pecans.
- ☐ Spray a 13"x9" baking pan with non-stick vegetable spray; spread in batter.
- ☐ Bake at 350 degrees for 18 to 20 minutes. Cool and spread with whipped topping and additional pecans, if using.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:3.73, Inflammation Score:-1, Nutrition Score:4.1643478157728%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 210.81kcal (10.54%), Fat: 11.08g (17.04%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 26.23g (9.54%), Sugar: 17.72g (19.69%), Cholesterol: 18.35mg (6.12%), Sodium: 234.36mg (10.19%),

Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 3.03g (6.05%), Phosphorus: 106.65mg (10.67%), Manganese: 0.19mg (9.3%), Iron: 1.37mg (7.6%), Selenium: 5.24µg (7.49%), Copper: 0.15mg (7.47%), Calcium: 65.93mg (6.59%), Vitamin B2: 0.1mg (5.6%), Folate: 19.72µg (4.93%), Vitamin B1: 0.07mg (4.73%), Vitamin E: 0.68mg (4.54%), Magnesium: 17.93mg (4.48%), Potassium: 136.57mg (3.9%), Fiber: 0.93g (3.71%), Zinc: 0.47mg (3.1%), Vitamin K: 2.87µg (2.73%), Vitamin B3: 0.53mg (2.65%), Vitamin B5: 0.18mg (1.83%), Vitamin B12: 0.1µg (1.64%), Vitamin B6: 0.03mg (1.5%)