



WHATSheATE

Walnut, Chocolate, White Chip Bars



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



138 kcal

SIDE DISH

Ingredients



0.5 teaspoon double-acting baking powder



0.5 cup extra chocolate chips dark ()



1 large eggs



0.3 cup extra olive oil light (or whatever oil you have)



1.5 ounces flour all-purpose



2 tablespoons honey



0.3 cup brown sugar light packed



0.3 cup chips white ()

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 1.5 ounces flour whole wheat

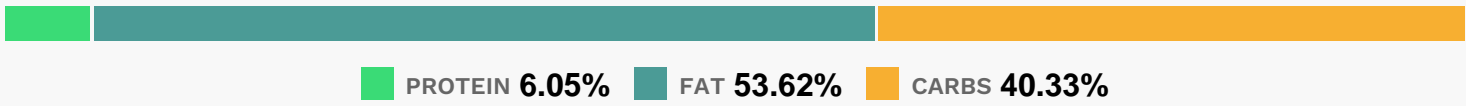
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch metal pan with nonstick foil.
- ☐ Mix both flours, the brown sugar, baking powder and salt together in a mixing bowl and set aside.In a second bowl, lightly whisk the egg, oil, honey and vanilla together.
- ☐ Add the egg mixture to the flour mixture and stir just until blended. Stir in the nuts, chocolate chips and white chips.
- ☐ Pour into the pan and spread to the edges
- ☐ Bake on center rack for 18 to 20 minutes or until brown.
- ☐ Let cool completely.
- ☐ Cut into 16 squares

Nutrition Facts



Properties

Glycemic Index:18.98, Glycemic Load:3.29, Inflammation Score:-1, Nutrition Score:3.1873913135218%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 138.38kcal (6.92%), Fat: 8.47g (13.03%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 13.34g (4.85%), Sugar: 7.55g (8.39%), Cholesterol: 11.68mg (3.89%), Sodium: 79.48mg (3.46%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 2.15g (4.3%), Manganese: 0.27mg (13.64%), Selenium: 4.06µg (5.79%), Copper: 0.09mg (4.46%), Phosphorus: 44.12mg (4.41%), Vitamin E: 0.65mg (4.35%), Fiber: 0.99g (3.95%), Vitamin B1: 0.06mg (3.75%), Calcium: 34.44mg (3.44%), Magnesium: 13.48mg (3.37%), Folate: 13.17µg (3.29%), Iron: 0.57mg (3.17%), Zinc: 0.46mg (3.06%), Vitamin B2: 0.05mg (2.92%), Vitamin B6: 0.05mg (2.65%), Potassium: 90.62mg (2.59%), Vitamin K: 2.63µg (2.51%), Vitamin B3: 0.48mg (2.4%), Vitamin B5: 0.16mg (1.65%)