



 **56%**  
HEALTH SCORE

## White Chocolate-Macadamia Nut Bars

 Dairy Free

READY IN



70 min.

SERVINGS



1

CALORIES



5064 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 cups brown sugar packed
- 0.8 cup butter
- 2 eggs
- 2 cups flour all-purpose
- 1 cup extra sugar to coat cookies prior to baking white
- 1 teaspoon shortening
- 1 cup slivered almonds coarsely chopped

1 tablespoon vanilla

## Equipment

frying pan

sauce pan

oven

hand mixer

## Directions

Heat oven to 375F. Grease rectangular pan, 13x9x2 inches.

Heat butter and brown sugar in 3-quart saucepan over low heat about 5 minutes, stirring occasionally, until butter is melted; remove from heat.

Beat vanilla and eggs into sugar mixture with electric mixer on medium speed. Beat in flour and baking powder on low speed. Stir in half of the nuts and 1/4 cup of the baking chips.

Pour into pan.

Sprinkle with remaining nuts and 1/2 cup of the baking chips.

Bake 25 to 30 minutes or until top is golden brown and center is set. Cool about 30 minutes.

Melt remaining 1/4 cup baking chips and the shortening in 1-quart saucepan over low heat, stirring constantly.

Pour into small resealable plastic food-storage bag; seal bag.

Cut small opening in a corner of the bag. Squeeze bag to drizzle melted chips over bars. Cool until set. For 48 bars, cut into 8 rows by 6 rows.

## Nutrition Facts



**PROTEIN 4.75%** **FAT 45.13%** **CARBS 50.12%**

## Properties

Glycemic Index:177, Glycemic Load:140.52, Inflammation Score:-10, Nutrition Score:68.104347898908%

## Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 2.8mg, Epigallocatechin: 2.8mg, Epigallocatechin: 2.8mg, Epigallocatechin: 2.8mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 5063.51kcal (253.18%), Fat: 260.7g (401.08%), Saturated Fat: 72.91g (455.69%), Carbohydrates: 651.31g (217.1%), Net Carbohydrates: 618.98g (225.08%), Sugar: 327.44g (363.83%), Cholesterol: 327.36mg (109.12%), Sodium: 2466.26mg (107.23%), Alcohol: 4.47g (100%), Alcohol %: 0.49% (100%), Protein: 61.75g (123.49%), Vitamin E: 34.3mg (228.68%), Manganese: 4.44mg (221.96%), Vitamin B2: 2.94mg (173.16%), Selenium: 120.17µg (171.67%), Iron: 28.81mg (160.06%), Vitamin B1: 2.24mg (149.24%), Folate: 551.38µg (137.85%), Vitamin A: 6566.12IU (131.32%), Fiber: 32.32g (129.29%), Phosphorus: 1148.32mg (114.83%), Calcium: 1056.31mg (105.63%), Magnesium: 395.15mg (98.79%), Vitamin B3: 19.19mg (95.97%), Copper: 1.7mg (85.04%), Potassium: 1711.43mg (48.9%), Zinc: 6.37mg (42.46%), Vitamin B5: 3.57mg (35.67%), Vitamin B6: 0.56mg (28.08%), Vitamin B12: 0.95µg (15.89%), Vitamin D: 1.76µg (11.73%), Vitamin K: 3.64µg (3.46%)