



HEALTH SCORE

55%

White Chocolate-Macadamia Nut Bars



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup butter
- ☐ 1.5 cups brown sugar packed
- ☐ 1 tablespoon vanilla
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup slivered almonds coarsely chopped
- ☐ 1 cup peppermint candies white

☐ 1 teaspoon shortening

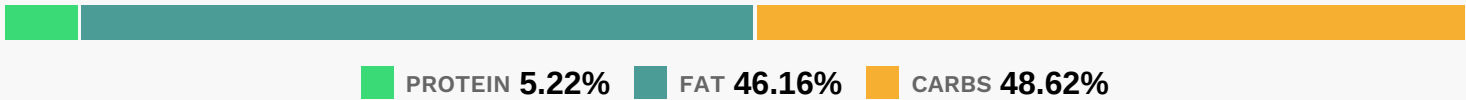
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. 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



Properties

Glycemic Index:22.13, Glycemic Load:17.56, Inflammation Score:-7, Nutrition Score:11.572173833361%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 688.52kcal (34.43%), Fat: 36.06g (55.48%), Saturated Fat: 13.38g (83.6%), Carbohydrates: 85.44g (28.48%), Net Carbohydrates: 82.91g (30.15%), Sugar: 57.73g (64.14%), Cholesterol: 40.92mg (13.64%), Sodium: 326.62mg (14.2%), Alcohol: 0.56g (100%), Alcohol %: 0.47% (100%), Protein: 9.18g (18.36%), Vitamin E: 4.29mg (28.58%), Manganese: 0.55mg (27.74%), Vitamin B2: 0.37mg (21.64%), Selenium: 15.02µg (21.46%), Vitamin B1: 0.28mg (18.65%), Calcium: 176.4mg (17.64%), Folate: 68.92µg (17.23%), Vitamin A: 820.77IU (16.42%), Phosphorus: 143.54mg (14.35%), Iron: 2.52mg (14.01%), Magnesium: 49.39mg (12.35%), Vitamin B3: 2.4mg (12%), Copper: 0.21mg (10.63%), Fiber: 2.53g (10.13%), Potassium: 213.93mg (6.11%), Zinc: 0.8mg (5.31%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.07mg (3.51%), Vitamin B12: 0.12µg (1.99%), Vitamin D: 0.22µg (1.47%)