

Chocolate Chip Bars

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1/2 cup sugar
1/3 cup brown sugar
1/2 cup shortening
1 teaspoon vanilla
1 egg
1/2 cup pecans, chopped
1 1/4 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1 package (6 ounce) semisweet
chocolate chips

Preheat the oven to 375 degrees.

In a bowl, beat the shortening and the sugars.
Add the vanilla, egg, pecans, flour, baking soda,
salt and chocolate chips.

Pour the batter into a greased and floured
13x9-inch baking pan.

Bake for 12 to 14 minutes.

Cool thoroughly before cutting.

*In this recipe you may use self-rising
flour and omit the salt and baking
powder.*

Per Serving (excluding unknown
items): 3293 Calories; 196g Fat
(51.4% calories from fat); 34g
Protein; 384g Carbohydrate; 18g
Dietary Fiber; 212mg Cholesterol;
1807mg Sodium. Exchanges: 8 1/2
Grain(Starch); 1 Lean Meat; 38 Fat;
17 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3293	Vitamin B6 (mg):	.3mg
% Calories from Fat:	51.4%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	44.7%	Thiamin B1 (mg):	1.8mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	196g	Folacin (mcg):	291mcg
Saturated Fat (g):	60g	Niacin (mg):	10mg
Monounsaturated Fat (g):	87g	Caffeine (mg):	104mg
Polyunsaturated Fat (g):	39g	Alcohol (kcal):	13
Cholesterol (mg):	212mg	% Refuse:	n n%
Carbohydrate (g):	384g	Food Exchanges	
Dietary Fiber (g):	18g	Grain (Starch):	8 1/2

Protein (g): 34g
Sodium (mg): 1807mg
Potassium (mg): 1227mg
Calcium (mg): 171mg
Iron (mg): 16mg
Zinc (mg): 7mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 666IU
Vitamin A (r.e.): 112 1/2RE

Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 38
Other Carbohydrates: 17

Nutrition Facts

Amount Per Serving

Calories 3293 **Calories from Fat:** 1692

% Daily Values*

Total Fat 196g	301%
Saturated Fat 60g	301%
Cholesterol 212mg	71%
Sodium 1807mg	75%
Total Carbohydrates 384g	128%
Dietary Fiber 18g	73%
Protein 34g	
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Vitamin A	13%
Vitamin C	2%
Calcium	17%
Iron	86%

* Percent Daily Values are based on a 2000 calorie diet.