



Amazing Oatmeal Chocolate Chip Bars

READY IN



70 min.

SERVINGS



24

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 1 cup butter
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2.8 cups oats quick
- ☐ 0.5 teaspoon salt
- ☐ 2 cups semi chocolate chips
- ☐ 2 teaspoons vanilla extract

- ☐ 3.5 ounce vanilla pudding mix
- ☐ 0.3 cup sugar white

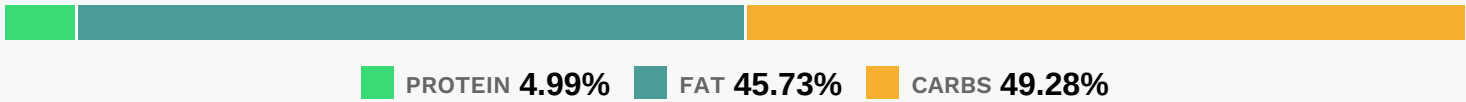
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking pan.
- ☐ Beat butter, brown sugar, and white sugar in a bowl until creamy; beat in eggs until smooth. Stir pudding mix into creamed mixture, followed by vanilla extract.
- ☐ Whisk flour, baking soda, and salt together in a separate bowl and stir flour mixture into moist ingredients.
- ☐ Mix oats and chocolate chips into dough. Press dough into prepared baking pan.
- ☐ Bake in the preheated oven until lightly browned, about 25 minutes.
- ☐ Let cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:9.32, Inflammation Score:-4, Nutrition Score:6.4756522645121%

Nutrients (% of daily need)

Calories: 282.3kcal (14.11%), Fat: 14.5g (22.31%), Saturated Fat: 8.4g (52.5%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 32.86g (11.95%), Sugar: 19.97g (22.19%), Cholesterol: 34.88mg (11.63%), Sodium: 190.88mg (8.3%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Caffeine: 12.9mg (4.3%), Protein: 3.56g (7.13%), Manganese: 0.66mg (32.99%), Magnesium: 54.7mg (13.67%), Selenium: 8.45µg (12.07%), Copper: 0.24mg (12.05%), Iron: 1.88mg (10.43%), Phosphorus: 99.99mg (10%), Fiber: 2.31g (9.24%), Vitamin B1: 0.12mg (7.88%), Zinc: 0.81mg (5.4%), Vitamin A: 263.66IU (5.27%), Folate: 19.37µg (4.84%), Vitamin B2: 0.08mg (4.61%), Potassium: 147.56mg (4.22%),

Vitamin B3: 0.68mg (3.41%), Vitamin E: 0.42mg (2.77%), Calcium: 27.06mg (2.71%), Vitamin B5: 0.22mg (2.24%),
Vitamin K: 2.07µg (1.98%), Vitamin B6: 0.03mg (1.41%), Vitamin B12: 0.08µg (1.26%)