



## British FlapJacks

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 cup brown sugar packed ()
- 0.3 cup golden syrup
- 2.3 cups quick-cooking oats instant (not or old-fashioned)
- 1 pinch salt
- 0.5 cup butter unsalted cut into 8 pieces (1 stick)

## Equipment

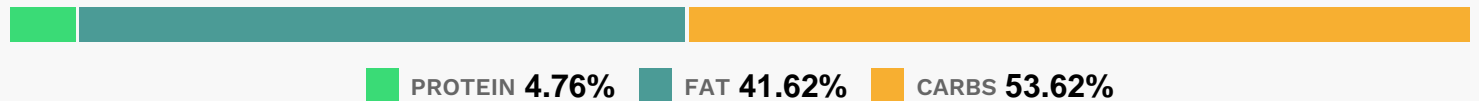
- frying pan
- sauce pan

- oven
- baking pan

## Directions

- Preheat oven to 350°F. Butter 8 x 8 x 2-inch metal baking pan.
- Combine first 3 ingredients in heavy medium saucepan. Stir constantly over medium-low heat until butter melts, sugar dissolves, and mixture is smooth.
- Remove from heat.
- Add oats and salt; stir until coated.
- Transfer mixture to prepared pan and spread out in even layer.
- Bake until top is golden (edges will be darker), about 25 minutes. Cool in pan on rack 5 minutes.
- Cut into 4 squares; cut each into 4 triangles (mixture will still be soft). Cool completely in pan before serving.
- \* A type of syrup popular in Great Britain; available at some supermarkets, specialty food stores, and British import shops.
- Per serving: 136.0 kcal calories, 42.2 % calories from fat, 6.4 g fat,
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index: 8, Glycemic Load: 7.18, Inflammation Score: -2, Nutrition Score: 3.3260869519866%

## Nutrients (% of daily need)

Calories: 137.91 kcal (6.9%), Fat: 6.57g (10.1%), Saturated Fat: 3.78g (23.59%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 17.92g (6.52%), Sugar: 11.06g (12.29%), Cholesterol: 15.25mg (5.08%), Sodium: 5.48mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Manganese: 0.51mg (25.66%), Magnesium: 32.69mg (8.17%), Selenium: 4.17µg (5.96%), Phosphorus: 56.13mg (5.61%), Fiber: 1.11g (4.45%), Vitamin B1: 0.06mg (4.28%), Vitamin A: 177.27IU (3.55%), Iron: 0.6mg (3.33%), Zinc: 0.39mg (2.58%), Copper: 0.05mg (2.41%), Vitamin E: 0.25mg (1.65%), Potassium: 53.18mg (1.52%), Calcium: 12.97mg (1.3%), Folate: 4.07µg (1.02%), Vitamin B5: 0.1mg (1.01%)