



Butter Finger Bars



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



10

CALORIES



732 kcal

SIDE DISH

Ingredients



1 cup brown sugar



1 cup butter melted



0.8 cup peanut butter



4 cups rolled oats



2 cups semi chocolate chips



0.5 cup sugar white

Equipment



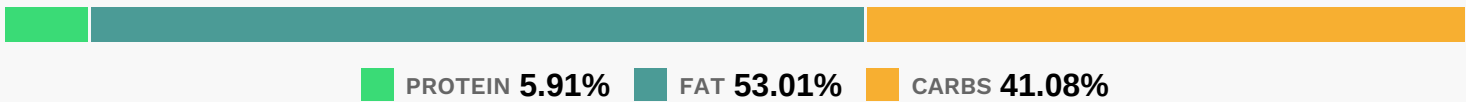
bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, stir together the brown sugar, white sugar, melted margarine and oats until well blended.
- ☐ Mix in the chocolate chips. Press the mixture into a 9x9 inch pan.
- ☐ Bake for 12 to 15 minutes in the preheated oven.
- ☐ Spread peanut butter over the top of the bars and let cool until set.
- ☐ Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:12.41, Glycemic Load:14.93, Inflammation Score:-8, Nutrition Score:17.512173852033%

Nutrients (% of daily need)

Calories: 732.19kcal (36.61%), Fat: 44.1g (67.85%), Saturated Fat: 14.04g (87.73%), Carbohydrates: 76.89g (25.63%), Net Carbohydrates: 69.8g (25.38%), Sugar: 46.89g (52.1%), Cholesterol: 2.16mg (0.72%), Sodium: 308.88mg (13.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 30.96mg (10.32%), Protein: 11.07g (22.14%), Manganese: 1.95mg (97.62%), Magnesium: 143.48mg (35.87%), Copper: 0.67mg (33.42%), Phosphorus: 298.27mg (29.83%), Fiber: 7.08g (28.34%), Iron: 4.15mg (23.05%), Selenium: 13.51µg (19.31%), Vitamin E: 2.82mg (18.77%), Zinc: 2.63mg (17.56%), Vitamin A: 829.98IU (16.6%), Vitamin B3: 3.27mg (16.34%), Potassium: 469.65mg (13.42%), Vitamin B1: 0.19mg (12.65%), Calcium: 73.84mg (7.38%), Vitamin B5: 0.72mg (7.24%), Vitamin B6: 0.14mg (7.08%), Folate: 27.47µg (6.87%), Vitamin B2: 0.12mg (6.77%), Vitamin K: 3.3µg (3.14%), Vitamin B12: 0.09µg (1.46%)