

## Candy Bar Bars

 Gluten Free

READY IN



45 min.

SERVINGS



40

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup brown sugar packed
- 0.7 cup butter
- 0.5 cup plus light
- 0.7 cup crunchy peanut butter
- 4 cups cooking oats quick
- 1 cup semi chocolate chips
- 1 tablespoon vanilla extract

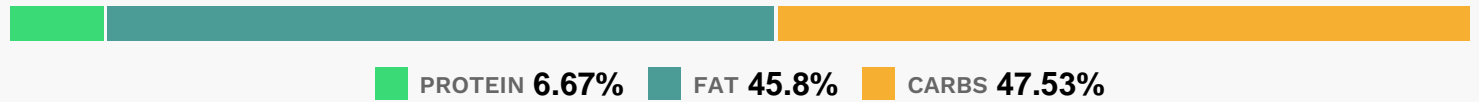
## Equipment

- frying pan
- oven
- mixing bowl

## Directions

- Preheat oven to 350 degrees F. Lightly grease a 9" x 13" pan.
- In a large mixing bowl, cream the butter and sugar together.
- Mix in the vanilla, corn syrup and oats.
- Pat this dough into the greased pan.
- Bake for 15–16 minutes (don't overbake).
- Meanwhile, over low heat melt together the chocolate chips and peanut butter.
- Allow the cookie base to cool slightly, then spread the chocolate peanut butter mixture on top. Cool completely and cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:3.35, Glycemic Load:3.72, Inflammation Score:-2, Nutrition Score:3.8039130562026%

## Nutrients (% of daily need)

Calories: 142.49kcal (7.12%), Fat: 7.51g (11.55%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 16.06g (5.84%), Sugar: 10.78g (11.98%), Cholesterol: 8.4mg (2.8%), Sodium: 50.13mg (2.18%), Alcohol: 0.11g (100%), Alcohol %: 0.46% (100%), Caffeine: 3.87mg (1.29%), Protein: 2.46g (4.92%), Manganese: 0.49mg (24.5%), Magnesium: 37.34mg (9.34%), Phosphorus: 63.7mg (6.37%), Fiber: 1.47g (5.86%), Copper: 0.11mg (5.69%), Selenium: 3.62µg (5.17%), Iron: 0.78mg (4.35%), Vitamin B3: 0.7mg (3.51%), Vitamin B1: 0.05mg (3.5%), Zinc: 0.52mg (3.49%), Vitamin E: 0.44mg (2.95%), Potassium: 95.32mg (2.72%), Vitamin A: 96.8IU (1.94%), Folate: 6.72µg (1.68%), Vitamin B6: 0.03mg (1.5%), Calcium: 14.6mg (1.46%), Vitamin B5: 0.13mg (1.31%), Vitamin B2: 0.02mg (1.08%)