



## Caramel-Oatmeal Bars

 Dairy Free

READY IN



48 min.

SERVINGS



8

CALORIES



410 kcal

SIDE DISH

### Ingredients

- 0.7 cup firmly brown sugar packed
- 1.3 cups flour all-purpose divided
- 0.5 cup butter reduced-calorie
- 1.3 cups quick-cooking oats uncooked
- 0.8 cup syrup fat-free caramel-flavored
- 0.3 cup walnuts finely chopped

### Equipment

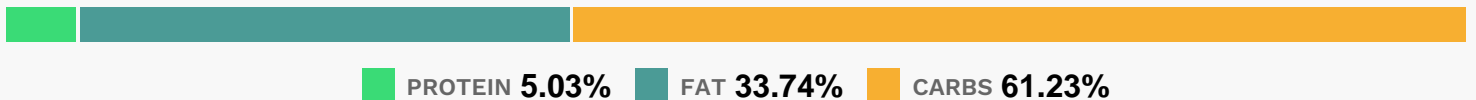
- bowl

- frying pan
- oven
- wire rack
- blender

## Directions

- Combine oats, 1 cup flour, and sugar in a large bowl.
- Cut in margarine with a pastry blender until mixture resembles coarse meal. Press one-half of oat mixture into bottom of a 9-inch square pan coated with cooking spray.
- Bake at 350 for 15 minutes.
- Remove from oven; sprinkle walnuts over prepared crust.
- Combine syrup and remaining 1/4 cup flour; stir well.
- Pour syrup mixture over nuts.
- Sprinkle remaining oat mixture over syrup mixture.
- Bake at 350 25 to 30 minutes or until golden.
- Let cool in pan on a wire rack. Cover and chill at least 1 hour.
- Cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:15.69, Inflammation Score:-6, Nutrition Score:7.9400001161772%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

## Nutrients (% of daily need)

Calories: 409.72kcal (20.49%), Fat: 16.14g (24.84%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 65.92g (21.97%), Net Carbohydrates: 63.88g (23.23%), Sugar: 37.17g (41.3%), Cholesterol: 0mg (0%), Sodium: 168.14mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Manganese: 0.86mg (42.81%), Selenium: 11.39µg (16.27%), Vitamin B1: 0.24mg (15.99%), Magnesium: 48.3mg (12.07%), Folate: 44.9µg (11.23%), Vitamin A: 529.9IU

(10.6%), Phosphorus: 100.12mg (10.01%), Iron: 1.77mg (9.81%), Fiber: 2.04g (8.18%), Copper: 0.16mg (8.06%), Vitamin B2: 0.12mg (7.32%), Vitamin B3: 1.34mg (6.68%), Calcium: 54.63mg (5.46%), Zinc: 0.7mg (4.66%), Vitamin E: 0.59mg (3.95%), Potassium: 118.35mg (3.38%), Vitamin B6: 0.06mg (2.81%), Vitamin B5: 0.24mg (2.4%)