

Chewy Chip Bars

READY IN



30 min.

SERVINGS



36

CALORIES



149 kcal

SIDE DISH

Ingredients

- 1 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.7 cup butter softened
- 1 cup butterscotch chips
- 1 cup flour all-purpose
- 0.5 cup honey
- 4.5 cups rolled oats
- 6 ounces semi chocolate chips
- 1 teaspoon vanilla extract

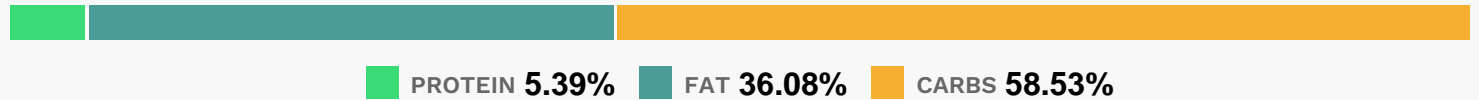
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

Directions

- In a large bowl, combine the first seven ingredients. Stir in chips.
- Press into a greased 13-in. x 9-in. baking pan.
- Bake at 325° for 18–22 minutes or until golden brown. Cool on a wire rack for 10 minutes; cut into bars. Cool completely in the pan.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:6.28, Inflammation Score:-2, Nutrition Score:3.6182608435173%

Nutrients (% of daily need)

Calories: 149.39kcal (7.47%), Fat: 6.07g (9.34%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 20.65g (7.51%), Sugar: 11.5g (12.78%), Cholesterol: 9.75mg (3.25%), Sodium: 77.81mg (3.38%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 4.06mg (1.35%), Protein: 2.04g (4.08%), Manganese: 0.46mg (22.98%), Selenium: 4.64µg (6.62%), Fiber: 1.5g (6.02%), Phosphorus: 58.92mg (5.89%), Magnesium: 23.44mg (5.86%), Copper: 0.11mg (5.32%), Iron: 0.93mg (5.15%), Vitamin B1: 0.08mg (5.08%), Zinc: 0.54mg (3.58%), Folate: 9.84µg (2.46%), Vitamin B2: 0.04mg (2.31%), Vitamin A: 112.14IU (2.24%), Potassium: 73.67mg (2.1%), Vitamin B3: 0.37mg (1.84%), Vitamin B5: 0.15mg (1.54%), Calcium: 11.9mg (1.19%), Vitamin E: 0.17mg (1.16%)