



Chewy Chocolate-Oat Bars

READY IN



135 min.

SERVINGS



16

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup semi chocolate chips
- 0.3 cup condensed milk fat-free sweetened (from 14-oz can) (not evaporated milk)
- 1 cup flour whole wheat
- 0.5 cup oats
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 1 eggs
- 0.8 cup brown sugar packed

- 0.3 cup vegetable oil
- 1 teaspoon vanilla
- 2 tablespoons oats
- 2 teaspoons butter softened

Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender

Directions

- Heat oven to 350°F. Spray 8- or 9-inch square pan with cooking spray.
- In 1-quart heavy saucepan, heat filling ingredients over low heat, stirring frequently, until chocolate is melted and mixture is smooth.
- In large bowl, stir together flour, 1/2 cup oats, the baking powder, baking soda and salt; set aside. In medium bowl, stir egg, brown sugar, oil and vanilla with fork until smooth; stir into flour mixture until blended. Reserve 1/2 cup dough in small bowl for topping.
- Pat remaining dough in pan (if dough is sticky, spray fingers with cooking spray or dust with flour).
- Spread filling over dough.
- Add 2 tablespoons oats and the butter to reserved dough.
- Mix with pastry blender or fork until well mixed.
- Place small pieces of mixture evenly over filling.
- Bake 20 to 25 minutes or until top is golden and firm. Cool completely, about 1 hour 30 minutes. For bars, cut into 4 rows by 4 rows.

Nutrition Facts



■ PROTEIN 5.96% ■ FAT 39.74% ■ CARBS 54.3%

Properties

Glycemic Index:17.69, Glycemic Load:3.4, Inflammation Score:-2, Nutrition Score:5.2647826056118%

Nutrients (% of daily need)

Calories: 185.51kcal (9.28%), Fat: 8.37g (12.88%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 25.74g (8.58%), Net Carbohydrates: 23.95g (8.71%), Sugar: 16.69g (18.54%), Cholesterol: 12.9mg (4.3%), Sodium: 105.68mg (4.59%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Caffeine: 7.26mg (2.42%), Protein: 2.83g (5.65%), Manganese: 0.57mg (28.32%), Selenium: 8.37µg (11.96%), Magnesium: 36.99mg (9.25%), Phosphorus: 88.64mg (8.86%), Copper: 0.16mg (7.81%), Fiber: 1.79g (7.15%), Vitamin K: 7.17µg (6.82%), Iron: 1.1mg (6.13%), Calcium: 45.11mg (4.51%), Vitamin B1: 0.06mg (4.33%), Zinc: 0.62mg (4.15%), Potassium: 128.65mg (3.68%), Vitamin B2: 0.06mg (3.53%), Vitamin E: 0.46mg (3.09%), Vitamin B3: 0.5mg (2.49%), Vitamin B6: 0.05mg (2.45%), Vitamin B5: 0.2mg (1.98%), Folate: 6.45µg (1.61%), Vitamin A: 59.12IU (1.18%), Vitamin B12: 0.07µg (1.14%)