



Chewy Granola Bars

READY IN



45 min.

SERVINGS



36

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.7 cup butter softened
- 1 cup flour all-purpose
- 0.5 cup honey
- 4.5 cups rolled oats
- 2 cups semisweet chocolate chips miniature
- 1 teaspoon vanilla extract

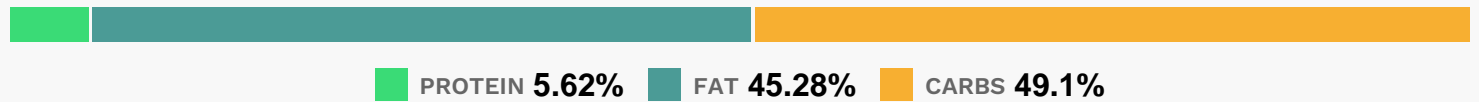
Equipment

- frying pan
- oven
- mixing bowl

Directions

- Preheat oven to 325 degrees F (165 degrees C). Lightly grease one 9x13 inch pan.
- In a large mixing bowl combine the oats, flour, baking soda, vanilla, butter or margarine, honey and brown sugar. Stir in the 2 cups assorted chocolate chips, raisins, nuts etc.
- Lightly press mixture into the prepared pan.
- Bake at 325 degrees F (165 degrees C) for 18 to 22 minutes or until golden brown.
- Let cool for 10 minutes then cut into bars.
- Let bars cool completely in pan before removing or serving.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:6.28, Inflammation Score:-2, Nutrition Score:4.8713043396078%

Nutrients (% of daily need)

Calories: 179.67kcal (8.98%), Fat: 9.14g (14.06%), Saturated Fat: 5.17g (32.34%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 20.12g (7.32%), Sugar: 10.79g (11.99%), Cholesterol: 9.83mg (3.28%), Sodium: 60.19mg (2.62%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Caffeine: 11.3mg (3.77%), Protein: 2.55g (5.11%), Manganese: 0.57mg (28.55%), Copper: 0.21mg (10.57%), Magnesium: 38.26mg (9.56%), Fiber: 2.18g (8.71%), Iron: 1.46mg (8.1%), Phosphorus: 80.76mg (8.08%), Selenium: 5.31µg (7.59%), Vitamin B1: 0.08mg (5.22%), Zinc: 0.76mg (5.04%), Potassium: 121.26mg (3.46%), Vitamin B2: 0.04mg (2.51%), Folate: 9.84µg (2.46%), Vitamin A: 111.62IU (2.23%), Vitamin B3: 0.44mg (2.19%), Vitamin B5: 0.18mg (1.79%), Calcium: 16.93mg (1.69%), Vitamin E: 0.22mg (1.46%), Vitamin K: 1.45µg (1.38%)