



Chocolate and Caramel Oatmeal Bars

READY IN



185 min.

SERVINGS



24

CALORIES



281 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 12.3 oz mrs richardson's butterscotch caramel sauce (1 cup)
- 1 box cake mix yellow
- 0.7 cup butter softened
- 1 eggs
- 2 cups oats
- 1.5 cups semi chocolate chips
- 1 cup walnut pieces chopped

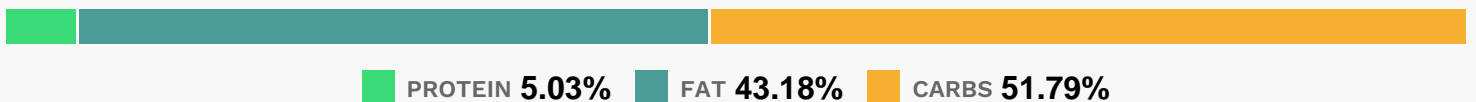
Equipment

- bowl
- frying pan
- oven
- plastic wrap
- hand mixer
- aluminum foil

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Line 13x9-inch pan with foil, letting foil hang 2 inches over short ends of pan. Spray foil with cooking spray.
- In small bowl, mix caramel topping and 1 tablespoon of the cake mix; set aside. In large bowl beat remaining cake mix, butter and egg with electric mixer on low speed about 1 minute or just until crumbly. Stir in oats, using hands if necessary. Reserve 1 cup oat mixture. Using a piece of plastic wrap on crumb mixture, press remaining oat mixture in bottom of pan; remove plastic wrap.
- Bake 14 to 18 minutes or until light golden brown.
- Sprinkle chocolate chips and walnuts over hot crust.
- Drizzle caramel mixture evenly over chocolate chips and walnuts to within 1/2 inch of edges. Crumble reserved oat mixture over top.
- Bake 20 to 25 minutes or until golden brown. Cool completely, about 2 hours. Using foil to lift, remove bars from pan.
- Remove foil. For bars, cut into 6 rows by 4 rows. Store covered.

Nutrition Facts



Properties

Glycemic Index:3.54, Glycemic Load:2.65, Inflammation Score:-4, Nutrition Score:6.6495651544436%

Flavonoids

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

Nutrients (% of daily need)

Calories: 280.57kcal (14.03%), Fat: 13.8g (21.23%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 35.12g (12.77%), Sugar: 21.93g (24.37%), Cholesterol: 7.49mg (2.5%), Sodium: 269.66mg (11.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 3.62g (7.23%), Manganese: 0.65mg (32.75%), Phosphorus: 154.57mg (15.46%), Copper: 0.26mg (12.99%), Magnesium: 49.03mg (12.26%), Iron: 1.65mg (9.15%), Fiber: 2.12g (8.48%), Vitamin B1: 0.11mg (7.19%), Calcium: 70.39mg (7.04%), Selenium: 4.88µg (6.97%), Folate: 22.8µg (5.7%), Vitamin A: 255.07IU (5.1%), Zinc: 0.75mg (4.98%), Vitamin B2: 0.08mg (4.79%), Potassium: 134.33mg (3.84%), Vitamin E: 0.57mg (3.79%), Vitamin B3: 0.71mg (3.53%), Vitamin B6: 0.06mg (2.85%), Vitamin B5: 0.24mg (2.44%), Vitamin K: 1.79µg (1.7%), Vitamin B12: 0.09µg (1.51%)