



Chocolate-Chip Apricot Bars

READY IN



45 min.

SERVINGS



18

CALORIES



263 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup chocolate chips
- ☐ 0.8 cup apricot dried chopped
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups brown sugar light
- ☐ 3 cups oats

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 2 teaspoons vanilla

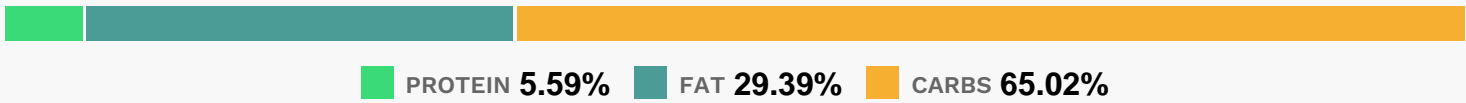
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Heat oven to 350 F. Lightly coat a 9-inch square baking pan with vegetable cooking spray. Using an electric mixer, beat the butter and light brown sugar together until light and fluffy. Beat in the eggs and vanilla.
- ☐ Add the flour, baking powder, baking soda, salt, and cinnamon and blend until smooth. With a spoon, stir in the oats, chocolate chips, and apricots. Press the batter into the pan and bake 25 to 30 minutes or until the top is golden and the pastry begins to pull away from the sides of the pan. The center should be slightly soft. Cool on a wire rack for 15 minutes.
- ☐ Cut into 18 bars when still warm, then let cool completely before removing from the pan.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:9.89, Inflammation Score:-4, Nutrition Score:6.0760869905353%

Nutrients (% of daily need)

Calories: 263.03kcal (13.15%), Fat: 8.73g (13.44%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 41.39g (15.05%), Sugar: 25.2g (28%), Cholesterol: 31.74mg (10.58%), Sodium: 121.15mg (5.27%), Alcohol: 0.15g (100%), Alcohol %: 0.29% (100%), Protein: 3.74g (7.48%), Manganese: 0.6mg (29.93%), Selenium: 9.34µg (13.35%), Vitamin B1: 0.15mg (9.81%), Phosphorus: 84.92mg (8.49%), Fiber: 2.07g (8.29%), Iron: 1.44mg

(7.98%), Vitamin A: 379.36IU (7.59%), Folate: 26.6µg (6.65%), Magnesium: 25.15mg (6.29%), Vitamin B2: 0.1mg (5.96%), Potassium: 177.9mg (5.08%), Copper: 0.1mg (5.01%), Vitamin B3: 0.94mg (4.68%), Zinc: 0.66mg (4.41%), Calcium: 43.57mg (4.36%), Vitamin B5: 0.33mg (3.31%), Vitamin E: 0.5mg (3.31%), Vitamin B6: 0.04mg (2.1%), Vitamin D: 0.19µg (1.28%)