



Chocolate Chip Oat Bars

READY IN



45 min.

SERVINGS



30

CALORIES



174 kcal

SIDE DISH

Ingredients

- 0.8 cup brown sugar packed
- 0.5 cup butter cold cubed
- 1 cup flour all-purpose
- 1 cup pecans chopped
- 1 cup oats
- 6 ounces semi chocolate chips
- 14 ounces condensed milk sweetened canned

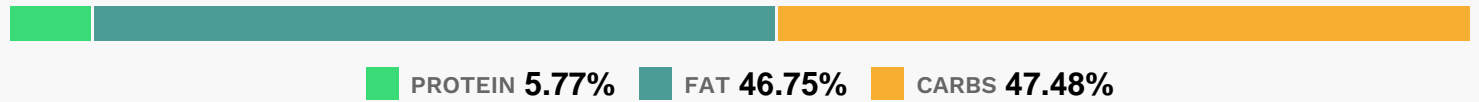
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a large bowl, combine the flour, oats and brown sugar.
- Cut in the butter until crumbly. Press half of the mixture into a greased 13-in. x 9-in. baking pan.
- Bake at 350° for 8–10 minutes.
- Spread condensed milk evenly over the crust.
- Sprinkle with pecans and chocolate chips. Top with remaining oat mixture and pat lightly.
- Bake for 25–30 minutes longer or until lightly browned. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:7.74, Inflammation Score:-2, Nutrition Score:4.1173912688442%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 173.62kcal (8.68%), Fat: 9.23g (14.21%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 19.93g (7.25%), Sugar: 14.81g (16.46%), Cholesterol: 12.97mg (4.32%), Sodium: 43.4mg (1.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 2.57g (5.13%), Manganese: 0.39mg (19.38%), Phosphorus: 76.28mg (7.63%), Selenium: 5.01µg (7.15%), Copper: 0.13mg (6.75%), Magnesium: 26.6mg (6.65%), Vitamin B1: 0.09mg (5.68%), Vitamin B2: 0.09mg (5.16%), Calcium: 51mg (5.1%), Fiber: 1.17g (4.68%), Iron:

0.83mg (4.63%), Zinc: 0.56mg (3.73%), Potassium: 118.48mg (3.39%), Folate: 10.91µg (2.73%), Vitamin A: 134.74IU (2.69%), Vitamin B3: 0.39mg (1.97%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.21mg (1.43%), Vitamin B12: 0.07µg (1.25%), Vitamin B6: 0.02mg (1.16%)