



Chocolate Goddess

READY IN



45 min.

SERVINGS



15

CALORIES



442 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar
- 1 cup butter softened
- 2 eggs
- 1.8 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 2.5 cups rolled oats
- 0.5 teaspoon salt
- 2 cups semi chocolate chips

- 0.5 teaspoon vanilla extract
- 0.5 cup sugar white

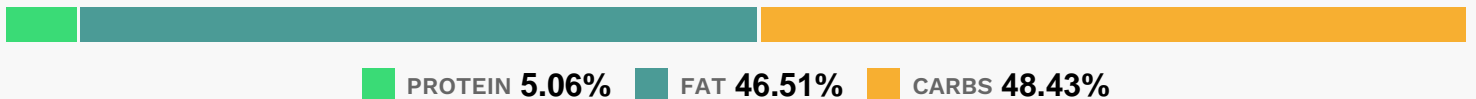
Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a 9x13 inch baking pan with aluminum foil.
- In a medium bowl, cream together the butter, brown sugar and white sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla.
- Combine the flour, baking soda, salt and cinnamon; gradually blend into the creamed mixture. Stir in the oats. Press the dough into the bottom of the prepared pan.
- Bake for 25 to 30 minutes in the preheated oven, until firm and lightly toasted at the edges. Melt chocolate chips in the microwave or in a metal bowl over a pan of simmering water, stirring frequently until smooth.
- Spread over bars. Cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:15.82, Inflammation Score:-5, Nutrition Score:9.9334782521524%

Nutrients (% of daily need)

Calories: 442.27kcal (22.11%), Fat: 23.07g (35.5%), Saturated Fat: 13.42g (83.89%), Carbohydrates: 54.06g (18.02%), Net Carbohydrates: 50.31g (18.3%), Sugar: 29.91g (33.24%), Cholesterol: 55.8mg (18.6%), Sodium: 263.82mg (11.47%), Alcohol: 0.05g (100%), Alcohol %: 0.06% (100%), Caffeine: 20.64mg (6.88%), Protein: 5.65g (11.3%), Manganese: 0.94mg (47.15%), Copper: 0.39mg (19.28%), Selenium: 13.04µg (18.63%), Magnesium: 66.52mg (16.63%), Iron: 2.99mg (16.63%), Fiber: 3.75g (15%), Phosphorus: 149.48mg (14.95%), Vitamin B1: 0.19mg (12.5%), Zinc: 1.33mg (8.85%), Folate: 34.38µg (8.59%), Vitamin A: 422.26IU (8.45%), Vitamin B2: 0.14mg (8.13%), Potassium: 232.76mg (6.65%), Vitamin B3: 1.24mg (6.21%), Calcium: 44.65mg (4.47%), Vitamin E: 0.62mg (4.15%), Vitamin B5: 0.41mg (4.14%), Vitamin K: 3.16µg (3.01%), Vitamin B6: 0.04mg (2.24%), Vitamin B12: 0.12µg (2.02%)