



## Chocolate-Hazelnut Spread No-Bakes

 Vegetarian  Gluten Free  Low Fod Map

READY IN



50 min.

SERVINGS



30

CALORIES



242 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 1 cup butter
- 1 cup chocolate-hazelnut spread nutella® (such as )
- 1 cup peanut butter
- 3 cups rolled oats
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 2 cups sugar white

## Equipment

- sauce pan
- baking pan
- aluminum foil
- spatula

## Directions

- Line an 8-inch baking dish with aluminum foil.
- Melt butter in a large saucepan over medium-high heat. Stir sugar, vanilla extract, and salt into the melted butter; bring to a boil and cook and stir until the sugar dissolves, about 1 minute.
- Reduce heat to medium; add the peanut butter and chocolate-hazelnut spread. Cook and stir until smooth, about 5 minutes.
- Remove from heat and add the oats; stir to coat evenly. Dump the mixture into the prepared baking dish; spread into an even layer using a spatula or spoon.
- Allow the mixture to cool completely, at least 30 minutes.
- Remove from baking dish, lifting by the foil.
- Cut into bars to serve.

## Nutrition Facts



## Properties

Glycemic Index:6.78, Glycemic Load:13.06, Inflammation Score:-2, Nutrition Score:4.7952173715052%

## Nutrients (% of daily need)

Calories: 241.94kcal (12.1%), Fat: 14.07g (21.65%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 25.18g (9.16%), Sugar: 19.71g (21.9%), Cholesterol: 16.27mg (5.42%), Sodium: 109.66mg (4.77%), Alcohol: 0.05g (100%), Alcohol %: 0.12% (100%), Protein: 3.61g (7.22%), Manganese: 0.51mg (25.4%), Vitamin E: 1.49mg (9.93%), Magnesium: 32.29mg (8.07%), Phosphorus: 79.42mg (7.94%), Fiber: 1.77g (7.09%), Vitamin B3: 1.28mg (6.41%), Copper: 0.12mg (5.79%), Iron: 0.94mg (5.22%), Selenium: 3.21µg (4.59%), Zinc: 0.63mg (4.19%), Vitamin B1: 0.06mg (3.87%), Vitamin A: 189.39IU (3.79%), Potassium: 120.84mg (3.45%), Vitamin B2: 0.05mg (3.01%), Folate: 11.62µg (2.9%), Vitamin B6: 0.05mg (2.74%), Vitamin B5: 0.23mg (2.26%), Calcium: 21.21mg (2.12%)