



Chocolate-Oat Bars

READY IN



135 min.

SERVINGS



16

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup semi chocolate chips
- ☐ 0.3 cup condensed milk fat-free sweetened (from 14-ounce can)
- ☐ 1 cup flour whole wheat
- ☐ 0.5 cup oats
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup soybean oil

- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup eggs fat-free
- ☐ 2 tablespoons oats
- ☐ 2 teaspoons butter softened

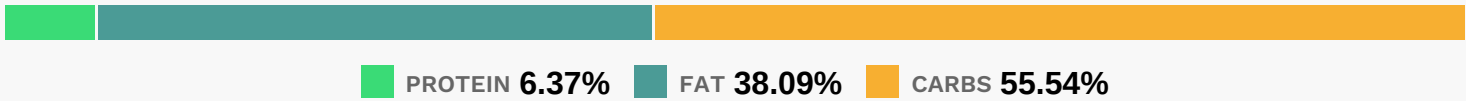
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat chocolate chips and milk in 1-quart heavy saucepan over low heat, stirring frequently, until chocolate is melted and mixture is smooth; set aside.
- ☐ Heat oven to 350°. Spray square pan, 8x8x2 or 9x9x2 inches, with cooking spray.
- ☐ Mix flour, 1/2 cup oats, the baking powder, baking soda and salt in large bowl; set aside. Stir brown sugar, oil, vanilla and egg product in medium bowl with fork until smooth; stir into flour mixture until blended. Reserve 1/2 cup dough in small bowl for topping.
- ☐ Pat remaining dough in pan (spray fingers with cooking spray or lightly flour if dough is sticky).
- ☐ Spread chocolate mixture over dough.
- ☐ Add 2 tablespoons oats and the butter to reserved dough; mix with pastry blender or fork until crumbly. Drop small spoonfuls of oat mixture evenly over chocolate mixture.
- ☐ Bake 20 to 25 minutes or until top is golden and firm. Cool completely, about 1 1/2 hours. For bars, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:3.4, Inflammation Score:-2, Nutrition Score:4.9330434546522%

Nutrients (% of daily need)

Calories: 170.71kcal (8.54%), Fat: 7.4g (11.38%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 22.7g (8.26%), Sugar: 15.66g (17.4%), Cholesterol: 17.97mg (5.99%), Sodium: 105.01mg (4.57%), Alcohol: 0.09g (100%), Alcohol %: 0.26% (100%), Caffeine: 4.84mg (1.61%), Protein: 2.79g (5.57%), Manganese: 0.53mg (26.47%), Selenium: 8.46µg (12.09%), Phosphorus: 83.4mg (8.34%), Magnesium: 32.16mg (8.04%), Vitamin K: 7.01µg (6.68%), Fiber: 1.56g (6.25%), Copper: 0.12mg (6.09%), Iron: 0.94mg (5.25%), Calcium: 43.92mg (4.39%), Vitamin B1: 0.06mg (4.3%), Zinc: 0.56mg (3.75%), Vitamin B2: 0.06mg (3.73%), Potassium: 114.03mg (3.26%), Vitamin E: 0.45mg (3.02%), Vitamin B6: 0.05mg (2.49%), Vitamin B3: 0.47mg (2.37%), Vitamin B5: 0.21mg (2.06%), Folate: 6.96µg (1.74%), Vitamin B12: 0.07µg (1.22%), Vitamin A: 56.63IU (1.13%)