



Chocolate Oat Squares

READY IN



55 min.

SERVINGS



48

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 3.5 cups cooking oats quick
- ☐ 0.5 teaspoon salt
- ☐ 2 cups semi chocolate chips
- ☐ 14 ounce condensed milk sweetened canned

- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup walnuts chopped

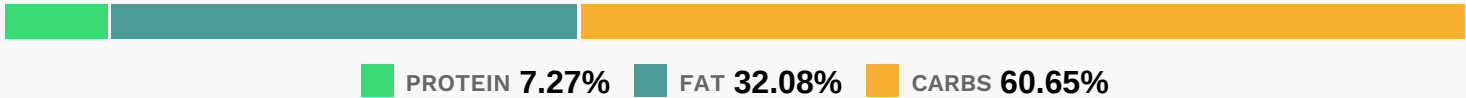
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- ☐ In a medium bowl, cream together 1 cup butter with brown sugar until smooth. Beat in the eggs and 2 teaspoons vanilla. Stir in the oats, flour, baking soda and 1 teaspoon of salt. Press two thirds of the mixture into the bottom of the prepared pan. Set aside remaining dough.
- ☐ In a large saucepan over medium heat, combine the condensed milk, 2 tablespoons of butter, chocolate chips and remaining 1/2 teaspoon of salt. Stir frequently until melted and smooth.
- ☐ Remove from the heat and stir in walnuts and remaining 2 teaspoons of vanilla.
- ☐ Spread over the prepared crust and sprinkle with the reserved crust mixture.
- ☐ Bake in the preheated oven for 25 minutes, or until golden brown. Cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:5.65, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:4.9430435286916%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 173.66kcal (8.68%), Fat: 6.3g (9.69%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 25.29g (9.2%), Sugar: 16.34g (18.15%), Cholesterol: 11.34mg (3.78%), Sodium: 67.57mg (2.94%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Caffeine: 6.45mg (2.15%), Protein: 3.21g (6.43%), Manganese: 0.49mg (24.43%), Selenium: 6.87µg (9.81%), Magnesium: 37.67mg (9.42%), Phosphorus: 87.11mg (8.71%), Copper: 0.17mg (8.53%), Iron: 1.23mg (6.86%), Vitamin B1: 0.1mg (6.8%), Fiber: 1.49g (5.98%), Vitamin B2: 0.09mg (5.28%), Folate: 18.08µg (4.52%), Calcium: 43.09mg (4.31%), Zinc: 0.61mg (4.09%), Potassium: 127.2mg (3.63%), Vitamin B3: 0.55mg (2.76%), Vitamin B5: 0.21mg (2.1%), Vitamin B6: 0.04mg (1.78%), Vitamin B12: 0.07µg (1.12%), Vitamin E: 0.15mg (1.02%), Vitamin A: 50.79IU (1.02%)