



Chocolate Oatmeal Brownies

READY IN



60 min.

SERVINGS



14

CALORIES



360 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.7 cup firmly brown sugar packed
- 1 cup butter softened
- 1.3 cups chocolate chips divided
- 2 eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 2 cups quick-cooking rolled oats

- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 0.7 cup sugar white

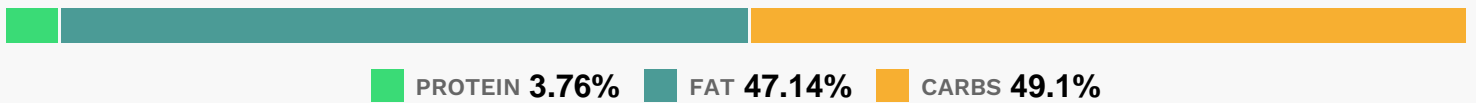
Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat butter, brown sugar, white sugar, eggs, and vanilla extract together in a bowl using an electric mixer until light and fluffy. Stir flour, baking powder, cinnamon, salt, and nutmeg into creamed butter mixture until batter is just combined; fold in oats and 1 cup chocolate chips.
- Pour batter into a 9x12-inch baking pan; sprinkle with remaining 1/4 cup chocolate chips.
- Bake in the preheated oven until the top is dry and the edges have started to pull away from the sides of the pan, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:30.51, Glycemic Load:16.09, Inflammation Score:-4, Nutrition Score:5.761304381506%

Nutrients (% of daily need)

Calories: 359.89kcal (17.99%), Fat: 19.27g (29.64%), Saturated Fat: 11.55g (72.21%), Carbohydrates: 45.15g (15.05%), Net Carbohydrates: 43.73g (15.9%), Sugar: 29.16g (32.4%), Cholesterol: 58.24mg (19.41%), Sodium: 230.15mg (10.01%), Alcohol: 0.2g (100%), Alcohol %: 0.31% (100%), Protein: 3.46g (6.92%), Manganese: 0.6mg (29.77%), Selenium: 9.25µg (13.21%), Vitamin B1: 0.14mg (9.08%), Magnesium: 35.56mg (8.89%), Vitamin A: 439.6IU (8.79%), Phosphorus: 85.91mg (8.59%), Iron: 1.19mg (6.61%), Folate: 23.63µg (5.91%), Fiber: 1.41g (5.65%), Vitamin B2:

0.09mg (5.57%), Calcium: 52.87mg (5.29%), Zinc: 0.54mg (3.58%), Potassium: 125.29mg (3.58%), Vitamin E: 0.53mg (3.55%), Copper: 0.07mg (3.36%), Vitamin B3: 0.65mg (3.25%), Vitamin B5: 0.25mg (2.5%), Vitamin B6: 0.03mg (1.57%), Vitamin K: 1.6µg (1.52%), Vitamin B12: 0.08µg (1.39%)