



WHATSheATE



Chocolate Pear Oatmeal Bars

READY IN



125 min.

SERVINGS



16

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 17.5 oz basic cookie mix
- ☐ 0.5 cup butter cold cut into small pieces
- ☐ 1 eggs
- ☐ 2 cups pears peeled finely chopped (2 medium)
- ☐ 6 oz semi chocolate chips

Equipment

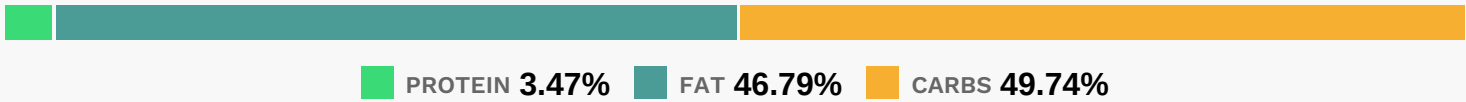
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line 11x7-inch pan with foil, leaving 1 inch of foil overhanging at 2 opposite sides of pan; spray foil with cooking spray.
- ☐ In large bowl, place cookie mix.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like coarse crumbs. Stir in egg until mixture is moistened.
- ☐ Reserve 1 1/2 cups cookie mixture. Use slightly damp fingers to press remaining cookie mixture in bottom of baking pan (mixture will be sticky).
- ☐ Bake 20 minutes.
- ☐ Sprinkle pears over partially baked crust. Top with chocolate chips and reserved cookie mixture.
- ☐ Bake 20 to 25 minutes or until golden brown. Cool completely in pan on cooling rack, about 2 hours. Use foil to lift from pan.
- ☐ Cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:2.7765217449354%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Epigallocatechin 3–gallate: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 262.7kcal (13.14%), Fat: 13.49g (20.75%), Saturated Fat: 6.54g (40.88%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 29.99g (10.9%), Sugar: 20.48g (22.76%), Cholesterol: 26.12mg (8.71%), Sodium: 83.34mg (3.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 2.25g (4.5%), Fiber: 2.26g (9.05%), Manganese: 0.15mg (7.56%), Copper: 0.15mg (7.56%), Magnesium: 20.59mg (5.15%), Iron: 0.87mg (4.83%), Vitamin A: 202.47IU (4.05%), Phosphorus: 37.2mg (3.72%), Potassium: 103.07mg (2.94%), Selenium: 1.83µg (2.61%), Zinc: 0.34mg (2.29%), Vitamin K: 2.16µg (2.05%), Vitamin B2: 0.03mg (2.01%), Vitamin E: 0.28mg (1.87%), Vitamin B3: 0.25mg (1.23%), Calcium: 11.65mg (1.16%), Vitamin B1: 0.02mg (1.06%), Vitamin C: 0.87mg (1.05%)