



Chocolate Revel Bars

READY IN



65 min.

SERVINGS



15

CALORIES



487 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 cups cooking oats quick
- 0.5 teaspoon salt
- 1.5 cups semi chocolate chips
- 14 ounce condensed milk sweetened canned

- 4 teaspoons vanilla extract
- 0.5 cup walnuts chopped

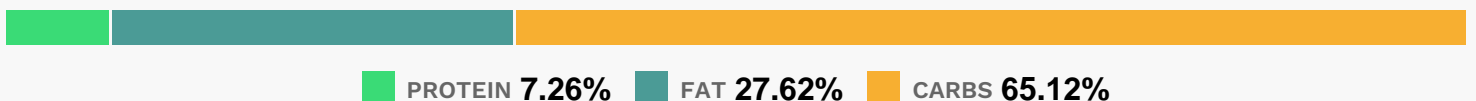
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking pan.
- In a large bowl, beat together 1 cup butter and brown sugar until fluffy.
- Mix in eggs and 2 teaspoons vanilla. In another bowl, combine oats, flour, baking soda, and 1 teaspoon salt; stir into butter mixture. Set aside.
- In a medium saucepan, heat sweetened condensed milk, chocolate chips, 2 tablespoons butter, and 1/2 teaspoon salt over low heat, stirring until smooth.
- Remove from heat. Stir in walnuts and 2 teaspoons vanilla.
- Pat 2/3 of the oat mixture into the bottom of the prepared pan.
- Spread chocolate mixture evenly over the top, and dot with remaining oat mixture.
- Bake for 30 to 35 minutes in preheated oven.
- Let cool on a wire rack, then cut into bars.

Nutrition Facts



Properties

Glycemic Index:18.07, Glycemic Load:26.53, Inflammation Score:-5, Nutrition Score:13.368260715319%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 486.97kcal (24.35%), Fat: 15.13g (23.28%), Saturated Fat: 7.01g (43.83%), Carbohydrates: 80.27g (26.76%), Net Carbohydrates: 76.48g (27.81%), Sugar: 50g (55.56%), Cholesterol: 35.91mg (11.97%), Sodium: 215.5mg (9.37%), Alcohol: 0.37g (100%), Alcohol %: 0.38% (100%), Caffeine: 15.48mg (5.16%), Protein: 8.95g (17.9%), Manganese: 1.24mg (61.78%), Selenium: 20.37µg (29.1%), Magnesium: 96.6mg (24.15%), Phosphorus: 237.31mg (23.73%), Copper: 0.4mg (19.97%), Vitamin B1: 0.3mg (19.77%), Iron: 3.33mg (18.52%), Vitamin B2: 0.28mg (16.21%), Fiber: 3.79g (15.15%), Folate: 53.15µg (13.29%), Calcium: 129.12mg (12.91%), Zinc: 1.6mg (10.66%), Potassium: 346.92mg (9.91%), Vitamin B3: 1.65mg (8.28%), Vitamin B5: 0.61mg (6.12%), Vitamin B6: 0.09mg (4.41%), Vitamin B12: 0.2µg (3.4%), Vitamin A: 158.76IU (3.18%), Vitamin E: 0.41mg (2.71%), Vitamin K: 2.29µg (2.18%), Vitamin D: 0.17µg (1.14%)