



Frosted Oatmeal Bars

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter
- 0.5 cup honey
- 0.3 cup peanut butter
- 2 cups rolled oats
- 0.5 cup semi chocolate chips

Equipment

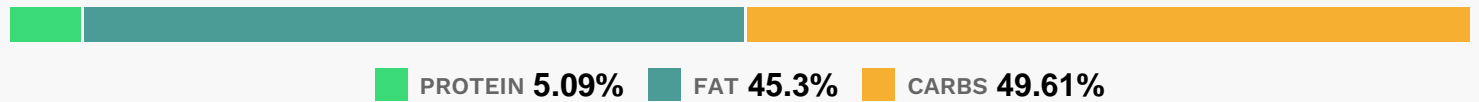
- bowl

- frying pan
- microwave

Directions

- In medium bowl, combine oats, sugar, butter, and honey. Microwave on high for 4 1/2 – 5 1/2 minutes or until bubbly, stirring twice.
- Spread honey mixture in an 8 x 8 inch pan. Cool in refrigerator.
- In small bowl, combine chocolate chips and peanut butter. Microwave on high for 1 – 1 1/2 minutes or until chips are soft, stirring once.
- Spread over cookie mixture. Refrigerate until chocolate is firm.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:6.51, Glycemic Load:4.66, Inflammation Score:-2, Nutrition Score:2.8452173980034%

Nutrients (% of daily need)

Calories: 136.16kcal (6.81%), Fat: 7.09g (10.9%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 16.33g (5.94%), Sugar: 11.97g (13.3%), Cholesterol: 10.39mg (3.46%), Sodium: 44.28mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.22mg (1.08%), Protein: 1.79g (3.59%), Manganese: 0.34mg (17.15%), Magnesium: 21.1mg (5.28%), Phosphorus: 48.16mg (4.82%), Fiber: 1.13g (4.5%), Copper: 0.09mg (4.46%), Selenium: 2.54µg (3.62%), Iron: 0.63mg (3.52%), Zinc: 0.43mg (2.9%), Vitamin E: 0.41mg (2.7%), Vitamin B1: 0.04mg (2.42%), Vitamin A: 120.06IU (2.4%), Vitamin B3: 0.48mg (2.4%), Potassium: 71.78mg (2.05%), Vitamin B5: 0.13mg (1.31%), Vitamin B2: 0.02mg (1.28%), Calcium: 12.52mg (1.25%), Folate: 4.8µg (1.2%), Vitamin B6: 0.02mg (1.18%)