



Fudge-Nut Oatmeal Bars

READY IN



40 min.

SERVINGS



30

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup butter softened
- 2 cups brown sugar packed
- 2 large eggs
- 2 teaspoons vanilla extract
- 3 cups oats
- 2.5 cups flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon salt
- 14 ounces condensed milk sweetened canned

- 2 cups semi chocolate chips
- 2 tablespoons butter
- 0.5 teaspoon salt
- 1 cup walnut pieces chopped
- 2 teaspoons vanilla extract

Equipment

- bowl
- oven
- wire rack
- baking pan
- microwave

Directions

- In a bowl, cream butter and brown sugar until light and fluffy.
- Add eggs and vanilla; mix well.
- Combine oats, flour, baking soda and salt; add to the creamed mixture.
- Spread two-thirds into an ungreased 15x10x1-in. baking pan; set aside.
- For filling, heat the milk, chocolate chips, butter and salt in a microwave-safe bowl until chips are melted.
- Remove from the heat; stir in walnuts and vanilla.
- Spread over top. Drop remaining oat mixture by tablespoonfuls over chocolate.
- Bake at 350° for 20 to 25 minutes. Cool on a wire rack.

Nutrition Facts



PROTEIN 6.08% **FAT 43.59%** **CARBS 50.33%**

Properties

Glycemic Index:10.7, Glycemic Load:13.3, Inflammation Score:-4, Nutrition Score:7.9043479367443%

Flavonoids

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

Nutrients (% of daily need)

Calories: 328.43kcal (16.42%), Fat: 16.16g (24.86%), Saturated Fat: 8.19g (51.18%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 39.72g (14.44%), Sugar: 26.16g (29.07%), Cholesterol: 35.89mg (11.96%), Sodium: 234.83mg (10.21%), Alcohol: 0.18g (100%), Alcohol %: 0.31% (100%), Caffeine: 10.32mg (3.44%), Protein: 5.07g (10.14%), Manganese: 0.72mg (36.22%), Selenium: 10.73µg (15.33%), Magnesium: 56.86mg (14.22%), Phosphorus: 135.81mg (13.58%), Copper: 0.27mg (13.43%), Iron: 1.92mg (10.68%), Vitamin B1: 0.16mg (10.43%), Fiber: 2.26g (9.06%), Vitamin B2: 0.15mg (8.62%), Folate: 28.9µg (7.23%), Calcium: 70.42mg (7.04%), Zinc: 0.95mg (6.34%), Potassium: 201.45mg (5.76%), Vitamin A: 272.52IU (5.45%), Vitamin B3: 0.88mg (4.39%), Vitamin B5: 0.34mg (3.41%), Vitamin B6: 0.06mg (2.83%), Vitamin E: 0.41mg (2.76%), Vitamin B12: 0.12µg (2.07%), Vitamin K: 1.94µg (1.85%)