



Fudge Nut Oatmeal Bars

READY IN



45 min.

SERVINGS



30

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.5 cup almonds sliced
- 1 teaspoon baking soda
- 2 cups brown sugar packed
- 2 tablespoons butter
- 2 eggs
- 2.5 cups flour all-purpose
- 3 cups quick-cooking oats
- 0.5 teaspoon salt

- 2 cups semi chocolate chips
- 14 ounce condensed milk sweetened canned
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat 1 cup butter and brown sugar in a large bowl until smooth and creamy. Stir in eggs, 2 teaspoons vanilla extract, and 1/2 teaspoon almond extract; mix well.
- Combine oats, flour, sliced almonds, baking soda, and 1 teaspoon salt in another bowl; stir into butter mixture until batter is just mixed.
- Spread 2/3 batter into a 10x15-inch rimmed baking sheet.
- Heat chocolate chips, condensed milk, 2 tablespoons butter, and 1/2 teaspoon salt in a saucepan over medium heat until chocolate is melted, about 5 minutes, stirring occasionally.
- Remove from heat and stir in remaining 2 teaspoons vanilla extract and 1/2 teaspoon almond extract.
- Spread chocolate mixture into baking sheet over oat batter. Spoon remaining 1/3 oat batter over chocolate.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 25 minutes.

Nutrition Facts



PROTEIN 7.22% **FAT 28.46%** **CARBS 64.32%**

Properties

Glycemic Index:8.7, Glycemic Load:13.25, Inflammation Score:-3, Nutrition Score:7.1708695875562%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 256.4kcal (12.82%), Fat: 8.21g (12.63%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 41.75g (13.92%), Net Carbohydrates: 39.55g (14.38%), Sugar: 26.09g (28.99%), Cholesterol: 18.14mg (6.05%), Sodium: 108.01mg (4.7%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Caffeine: 10.32mg (3.44%), Protein: 4.69g (9.38%), Manganese: 0.63mg (31.28%), Selenium: 10.4µg (14.86%), Magnesium: 54.62mg (13.65%), Phosphorus: 127.07mg (12.71%), Copper: 0.22mg (11.09%), Iron: 1.86mg (10.31%), Vitamin B1: 0.15mg (9.71%), Vitamin B2: 0.15mg (9.04%), Fiber: 2.2g (8.78%), Calcium: 68.61mg (6.86%), Folate: 25.34µg (6.34%), Zinc: 0.87mg (5.77%), Potassium: 192.81mg (5.51%), Vitamin B3: 0.89mg (4.43%), Vitamin E: 0.6mg (4%), Vitamin B5: 0.31mg (3.11%), Vitamin B6: 0.04mg (1.84%), Vitamin B12: 0.11µg (1.79%), Vitamin A: 80.5IU (1.61%), Vitamin K: 1.31µg (1.25%)