



Fudgy Oatmeal Bars

READY IN



87 min.

SERVINGS



28

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup bittersweet chocolate chips
- 0.3 cup brown sugar packed
- 0.5 cup brown sugar packed
- 3 tablespoons butter melted
- 0.3 cup canola oil
- 3 tablespoons canola oil
- 2 large eggs lightly beaten

- 0.3 cup evaporated milk fat-free
- 0.8 cup flour all-purpose
- 1 cup flour all-purpose
- 1 cup granulated sugar
- 1 tablespoon espresso granules instant
- 1 cup old-fashioned rolled oats
- 0.3 teaspoon salt
- 2 tablespoons butter unsalted melted
- 0.8 cup cocoa unsweetened
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- To prepare crust, weigh or lightly spoon 5 ounces flour into a dry measuring cup; level with a knife.
- Combine flour and next 3 ingredients (through baking soda) in a medium bowl.
- Add 1/4 cup canola oil and 2 tablespoons butter; toss with a fork until crumbly.
- Remove 3/4 cup of oat mixture; set aside. Press remaining oat mixture into the bottom of an 11 x 7-inch glass or ceramic baking dish coated with baking spray.
- Bake at 350 for 13 minutes or until lightly browned. Cool slightly.

- To prepare filling, weigh or lightly spoon 4 ounces flour into a dry measuring cup; level with a knife.
- Combine flour and next 5 ingredients (through salt) in a large bowl.
- Combine milk and espresso granules in a bowl, stirring with a whisk until espresso dissolves.
- Add 3 tablespoons canola oil, 3 tablespoons butter, vanilla, and eggs to milk mixture, stirring with a whisk.
- Add milk mixture to flour mixture, stirring to combine. Fold in chocolate.
- Spread batter over prepared crust in pan.
- Sprinkle with reserved 3/4 cup oat mixture.
- Bake at 350 for 32 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a rack.
- Cut into 28 bars.

Nutrition Facts



PROTEIN 5.87% **FAT 39.05%** **CARBS 55.08%**

Properties

Glycemic Index:14.36, Glycemic Load:9.99, Inflammation Score:-2, Nutrition Score:3.979130409334%

Flavonoids

Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 171.02kcal (8.55%), Fat: 7.71g (11.86%), Saturated Fat: 2.95g (18.47%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 22.98g (8.36%), Sugar: 14.36g (15.96%), Cholesterol: 19.56mg (6.52%), Sodium: 62.17mg (2.7%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Caffeine: 10.91mg (3.64%), Protein: 2.61g (5.21%), Manganese: 0.26mg (13%), Selenium: 5.31µg (7.58%), Copper: 0.12mg (6.13%), Fiber: 1.48g (5.91%), Phosphorus: 57.38mg (5.74%), Vitamin B1: 0.08mg (5.51%), Iron: 0.98mg (5.43%), Vitamin E: 0.78mg (5.22%), Magnesium: 20.72mg (5.18%), Vitamin B2: 0.08mg (4.86%), Folate: 18.69µg (4.67%), Calcium: 35.24mg (3.52%), Zinc: 0.51mg (3.37%), Vitamin B3: 0.64mg (3.22%), Potassium: 103.35mg (2.95%), Vitamin K: 3.09µg (2.94%), Vitamin B5: 0.18mg (1.81%), Vitamin A: 89.25IU (1.79%), Vitamin B6: 0.02mg (1.17%)