



## Halloween Goody Bars

READY IN



210 min.

SERVINGS



32

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups oats
- 1.5 cups flour all-purpose
- 1 cup brown sugar packed
- 0.8 teaspoon salt
- 1 cup butter melted
- 1 cup pecans chopped
- 14 oz condensed milk sweetened canned (not evaporated)
- 6 oz semi chocolate chips
- 2 tablespoons butter softened

0.8 cup m&m candies

## Equipment

bowl

frying pan

sauce pan

oven

## Directions

Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.

In large bowl, mix oats, flour, brown sugar, salt and 1 cup butter with spoon. Stir in pecans.

Remove 1 cup; set aside for topping. Press remaining mixture into pan.

In 2-quart saucepan, cook condensed milk, chocolate chips and 2 tablespoons butter over medium heat, stirring constantly, until chips are melted and mixture is smooth.

Spread chocolate mixture over crust.

Sprinkle with candies and reserved oat mixture; press into chocolate mixture.

Bake 23 to 25 minutes or until set.. Cool completely, about 2 1/2 hours.

Cut into 8 rows by 4 rows.

## Nutrition Facts



**PROTEIN 5.04%** **FAT 50.12%** **CARBS 44.84%**

## Properties

Glycemic Index:9.72, Glycemic Load:8.82, Inflammation Score:-3, Nutrition Score:4.7065217656934%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 237.29kcal (11.86%), Fat: 13.49g (20.75%), Saturated Fat: 6.91g (43.22%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 25.75g (9.37%), Sugar: 18.63g (20.7%), Cholesterol: 22.4mg (7.47%), Sodium: 127.5mg (5.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.57mg (1.52%), Protein: 3.05g (6.11%), Manganese: 0.43mg (21.62%), Selenium: 5.85µg (8.36%), Phosphorus: 80.56mg (8.06%), Magnesium: 29.03mg (7.26%), Vitamin B1: 0.1mg (6.82%), Copper: 0.13mg (6.74%), Calcium: 56.88mg (5.69%), Fiber: 1.4g (5.6%), Vitamin B2: 0.09mg (5.58%), Iron: 1mg (5.58%), Vitamin A: 247.74IU (4.95%), Zinc: 0.58mg (3.89%), Folate: 14.36µg (3.59%), Potassium: 121.06mg (3.46%), Vitamin B3: 0.5mg (2.49%), Vitamin E: 0.31mg (2.09%), Vitamin B5: 0.21mg (2.09%), Vitamin B12: 0.08µg (1.29%), Vitamin B6: 0.02mg (1.24%), Vitamin K: 1.27µg (1.21%)