

Laura's Easy Oatmeal Squares

 **Gluten Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



16

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup almonds sliced
- 0.8 cup brown sugar packed
- 0.5 cup butter
- 1 cup chocolate chips
- 2 cups oatmeal
- 1 teaspoon vanilla extract

Equipment

- baking sheet

- sauce pan
- oven
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Spread the almonds onto a baking sheet; toast until the nuts are golden brown and fragrant, about 5 minutes.
- Remove nuts from baking sheet, and reserve.
- Melt butter in a small saucepan placed over medium heat. Stir in brown sugar; cook, stirring, until sugar has dissolved and mixture is bubbly.
- Remove from heat. Stir in vanilla and oatmeal. Press mixture into an 8 x 8 inch baking pan.
- Bake in preheated oven until lightly browned and set, about 20 minutes.
- Remove from oven, and allow to cool slightly.
- Sprinkle chocolate chips over surface; let chocolate sit until melted, 2 to 3 minutes.
- Spread chocolate evenly over oatmeal squares.
- Sprinkle warm chocolate with toasted almonds.
- Cut into squares when cool.

Nutrition Facts



PROTEIN 3.01% **FAT 51.56%** **CARBS 45.43%**

Properties

Glycemic Index:7.53, Glycemic Load:1.85, Inflammation Score:-2, Nutrition Score:2.5130434612865%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, 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: 184.37kcal (9.22%), Fat: 10.85g (16.69%), Saturated Fat: 5.86g (36.59%), Carbohydrates: 21.51g (7.17%),
Net Carbohydrates: 20.65g (7.51%), Sugar: 16.67g (18.52%), Cholesterol: 15.25mg (5.08%), Sodium: 49.72mg
(2.16%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 1.42g (2.85%), Manganese: 0.24mg (12.1%),
Vitamin E: 0.92mg (6.16%), Magnesium: 16.74mg (4.18%), Phosphorus: 38.42mg (3.84%), Vitamin A: 177.3IU (3.55%),
Fiber: 0.86g (3.42%), Calcium: 28.68mg (2.87%), Copper: 0.06mg (2.81%), Selenium: 1.89µg (2.7%), Zinc: 0.39mg
(2.61%), Potassium: 89.42mg (2.55%), Iron: 0.44mg (2.47%), Vitamin B2: 0.04mg (2.36%), Vitamin B1: 0.03mg
(1.9%), Vitamin B5: 0.13mg (1.26%)