



Milly's Oatmeal Brownies

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



15

CALORIES



286 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup firmly brown sugar light packed
- 1 cup butter at room temperature
- 2 eggs
- 1.5 cups flour all-purpose
- 2 cups rolled oats
- 0.5 teaspoon salt

- 2 teaspoons vanilla extract
- 0.5 cup sugar white

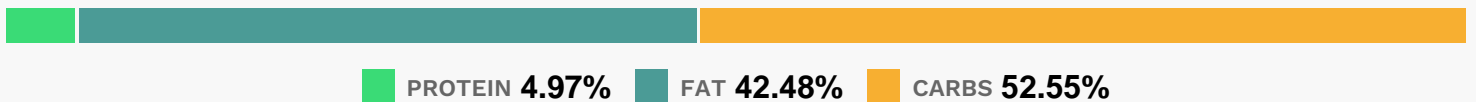
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch baking pan.
- In a large bowl, beat the butter, brown sugar, and white sugar until thoroughly mixed and creamy. Beat in the eggs, one at a time, mixing well after each addition. Stir in the vanilla extract until well mixed, and mix in salt, baking soda, baking powder, flour, rolled oats, plus chocolate chips, raisins, and chopped nuts if desired.
- Mix well to moisten all ingredients, and spread into the prepared baking pan.
- Bake in the preheated oven until golden brown, 20 to 25 minutes.
- Let cool in the pan for about 5 minutes before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:14.12, Inflammation Score:-4, Nutrition Score:5.4752173579257%

Nutrients (% of daily need)

Calories: 286.45kcal (14.32%), Fat: 13.68g (21.05%), Saturated Fat: 8.1g (50.63%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 36.65g (13.33%), Sugar: 21.12g (23.47%), Cholesterol: 54.36mg (18.12%), Sodium: 289.5mg (12.59%), Alcohol: 0.18g (100%), Alcohol %: 0.35% (100%), Protein: 3.6g (7.21%), Manganese: 0.49mg (24.52%), Selenium: 9.53µg (13.62%), Vitamin B1: 0.15mg (10.07%), Vitamin A: 409.86IU (8.2%), Phosphorus: 79.53mg (7.95%), Folate: 29.69µg (7.42%), Iron: 1.28mg (7.13%), Vitamin B2: 0.11mg (6.6%), Fiber: 1.43g (5.72%), Magnesium: 20.13mg (5.03%), Vitamin B3: 0.89mg (4.44%), Calcium: 42.43mg (4.24%), Zinc: 0.58mg (3.84%), Copper: 0.07mg (3.62%),

Vitamin E: 0.47mg (3.1%), Vitamin B5: 0.3mg (3.02%), Potassium: 84.74mg (2.42%), Vitamin B6: 0.03mg (1.64%),
Vitamin B12: 0.08µg (1.3%), Vitamin K: 1.33µg (1.27%)