

O' Henry Bars

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 0.5 cup plus white
- ☐ 0.8 cup peanut butter
- ☐ 4 cups rolled oats
- ☐ 1 cup semi chocolate chips

Equipment

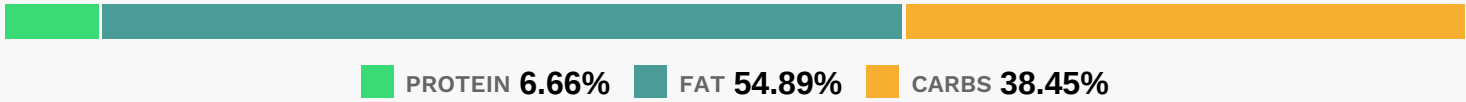
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Mix the oats, brown sugar, butter or margarine, and white corn syrup. Pat into a 10 x 15 inch pan.
- ☐ Bake for 10 to 15 minutes. Do not over bake.
- ☐ Melt chocolate chips and peanut butter.
- ☐ Spread over baked crust while hot.
- ☐ Cut into bars right away.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:3.31, Inflammation Score:-3, Nutrition Score:6.2269565534333%

Nutrients (% of daily need)

Calories: 248.54kcal (12.43%), Fat: 15.59g (23.98%), Saturated Fat: 7.48g (46.78%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 22.13g (8.05%), Sugar: 12.88g (14.31%), Cholesterol: 20.79mg (6.93%), Sodium: 99.63mg (4.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 4.26g (8.51%), Manganese: 0.72mg (36.04%), Magnesium: 47.48mg (11.87%), Phosphorus: 107.83mg (10.78%), Fiber: 2.44g (9.75%), Copper: 0.19mg (9.32%), Selenium: 5.1µg (7.28%), Iron: 1.27mg (7.07%), Vitamin E: 1.06mg (7.05%), Vitamin B3: 1.35mg (6.77%), Zinc: 0.92mg (6.16%), Vitamin B1: 0.08mg (5.27%), Vitamin A: 240.18IU (4.8%), Potassium: 159.46mg (4.56%), Folate: 12.28µg (3.07%), Vitamin B5: 0.31mg (3.06%), Vitamin B6: 0.06mg (3%), Vitamin B2: 0.04mg (2.64%), Calcium: 25.57mg (2.56%), Vitamin K: 1.51µg (1.44%)