



Oat, Chocolate Chip, Butterscotch Bars

READY IN



45 min.

SERVINGS



24

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 0.7 cup butterscotch chips
- ☐ 1 cup extra chocolate chips dark
- ☐ 4.5 ounces flour all-purpose
- ☐ 1 cup old fashioned quick
- ☐ 1 cup pecans toasted chopped
- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 14 ounce condensed milk sweetened eagle brand® canned

☐ 4 ounces butter unsalted cold

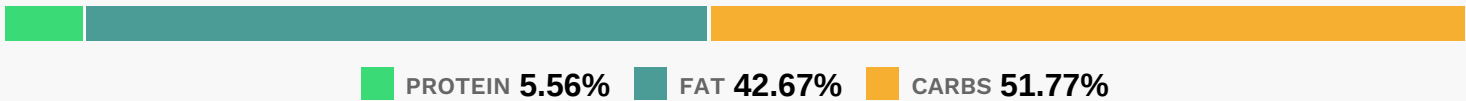
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line a 9×13 inch pan with nonstick foil or line with regular foil and spray with baking spray. In the bowl of a food processor, combine flour, oats, brown sugar and salt. Pulse to mix.
- ☐ Add butter and pulse until mixture is dry and sandy. Reserve 2/3 cup oat mixture and press remainder on bottom of the pan.
- ☐ Bake 10 minutes.
- ☐ Pour sweetened condensed milk evenly over crust.
- ☐ Mix together the nuts, chips and coconut and sprinkle in an even layer across the condensed milk.
- ☐ Sprinkle the reserved oat mixture over the chips and press down slightly.
- ☐ Bake on center rack for 25 minutes or until lightly browned.
- ☐ Remove from oven and sprinkle a few more chocolate and butterscotch chips on top.
- ☐ Let cool completely, and then cut into bars.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:9.22, Inflammation Score:-2, Nutrition Score:4.7808696161146%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 240.97kcal (12.05%), Fat: 11.65g (17.93%), Saturated Fat: 6.25g (39.03%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 30.5g (11.09%), Sugar: 22.69g (25.21%), Cholesterol: 16.28mg (5.43%), Sodium: 89.95mg (3.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Manganese: 0.39mg (19.54%), Selenium: 6.14µg (8.77%), Phosphorus: 86.1mg (8.61%), Calcium: 82.61mg (8.26%), Vitamin B1: 0.11mg (7.37%), Vitamin B2: 0.12mg (7.18%), Zinc: 0.81mg (5.37%), Fiber: 1.32g (5.29%), Copper: 0.1mg (4.96%), Magnesium: 19.64mg (4.91%), Potassium: 160.05mg (4.57%), Iron: 0.7mg (3.9%), Folate: 15.45µg (3.86%), Vitamin A: 170.25IU (3.4%), Vitamin B5: 0.3mg (2.97%), Vitamin B3: 0.54mg (2.68%), Vitamin E: 0.34mg (2.26%), Vitamin B6: 0.04mg (1.84%), Vitamin B12: 0.1µg (1.7%), Vitamin K: 1.26µg (1.2%)