



Oatmeal Brittle



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



12

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 tablespoon plus light
- ☐ 0.3 cup angel flake coconut gluten free shredded
- ☐ 0.5 cup brown sugar light packed
- ☐ 1.8 cups oats gluten free
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted salted melted (probably okay, too)
- ☐ 1 teaspoon vanilla

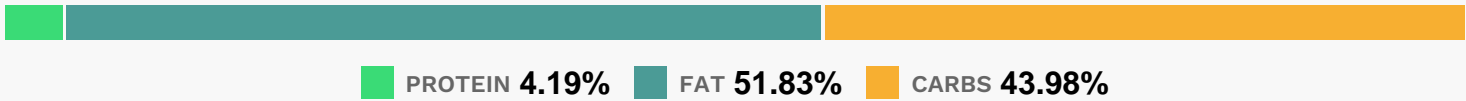
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F. Line a 13×18 inch heavy duty rimmed baking pan with nonstick foil or parchment paper;In a large bowl, stir together the butter, corn syrup, sugar, salt, vanilla and baking powder.
- ☐ Add the oats and coconut and stir until thorough mixed.
- ☐ Spread the mixture as thinly as you can across the baking sheet.Set in preheated oven and bake for about 20 minutes or until edges are browned.
- ☐ Let cool completely on a wire rack. When cool, the cookie should be perfectly crisp. Break it into pieces.

Nutrition Facts



Properties

Glycemic Index:12.58, Glycemic Load:3.01, Inflammation Score:-2, Nutrition Score:3.5365217434971%

Nutrients (% of daily need)

Calories: 169.24kcal (8.46%), Fat: 9.97g (15.34%), Saturated Fat: 6.34g (39.63%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 17.46g (6.35%), Sugar: 10.64g (11.82%), Cholesterol: 20.34mg (6.78%), Sodium: 63.64mg (2.77%), Alcohol: 0.11g (100%), Alcohol %: 0.41% (100%), Protein: 1.81g (3.63%), Manganese: 0.5mg (25.06%), Fiber: 1.58g (6.32%), Selenium: 4.07µg (5.82%), Phosphorus: 57.83mg (5.78%), Magnesium: 19.54mg (4.88%), Vitamin A: 236.36IU (4.73%), Vitamin B1: 0.06mg (3.83%), Iron: 0.66mg (3.65%), Copper: 0.07mg (3.56%), Zinc: 0.5mg

(3.32%), Calcium: 21.84mg (2.18%), Potassium: 70.62mg (2.02%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.17mg (1.74%), Vitamin B2: 0.02mg (1.42%), Vitamin B6: 0.02mg (1.15%), Folate: 4.37µg (1.09%)