



Oatmeal Brownie Bars

 Vegetarian  Dairy Free

READY IN



130 min.

SERVINGS



18

CALORIES



181 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 1 serving vegetable oil for on brownie mix box
- 1 cup rolled oats
- 7 oz chocolate icing white

Equipment

- frying pan
- oven
- wire rack

toothpicks

Directions

- Heat oven to 350°F. (325°F for dark or nonstick pan). Grease bottom of 9-inch square pan with shortening or cooking spray
- Make brownie batter as directed on box. Stir in oats until blended.
- Spread in pan.
- Bake 22 to 25 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely on cooling rack, about 1 1/2 hours.
- Cut into 6 rows by 3 rows.
- Squeeze cookie icing over brownies in zigzag pattern.

Nutrition Facts



Properties

Glycemic Index:4.61, Glycemic Load:4.26, Inflammation Score:-1, Nutrition Score:1.4573913067579%

Nutrients (% of daily need)

Calories: 181.16kcal (9.06%), Fat: 5.91g (9.09%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 29.81g (10.84%), Sugar: 19.5g (21.67%), Cholesterol: 0mg (0%), Sodium: 94.14mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Manganese: 0.16mg (8.18%), Iron: 0.92mg (5.1%), Vitamin K: 2.95µg (2.81%), Vitamin B2: 0.04mg (2.37%), Phosphorus: 20.45mg (2.05%), Selenium: 1.31µg (1.88%), Fiber: 0.46g (1.82%), Vitamin E: 0.25mg (1.67%), Magnesium: 6.33mg (1.58%), Vitamin B1: 0.02mg (1.45%), Zinc: 0.17mg (1.14%)