



Oatmeal Brownie Bars



Vegetarian



Dairy Free

READY IN



120 min.

SERVINGS



10

CALORIES



407 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix (1 lb 2.4 oz)
- ☐ 1 eggs
- ☐ 7 oz chocolate icing white
- ☐ 1.5 cups oats
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water

Equipment

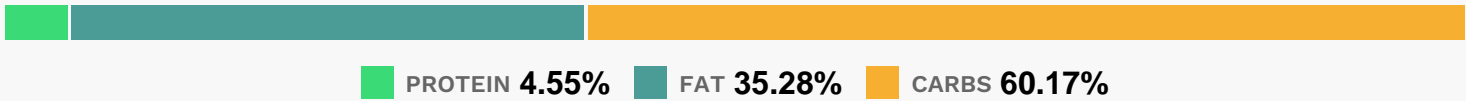
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Spray 13x9-inch pan with cooking spray.
- ☐ In medium bowl, stir together brownie mix, pouch of chocolate syrup (from brownie mix box), water, oil, egg and oats until blended.
- ☐ Spread batter in pan.
- ☐ Bake 22 to 24 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely in pan on cooling rack.
- ☐ Cut into 5 rows by 2 rows.
- ☐ Drizzle cookie icing over brownies in zigzag pattern.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:10.44, Inflammation Score:-1, Nutrition Score:4.7408695493055%

Nutrients (% of daily need)

Calories: 407.45kcal (20.37%), Fat: 16.09g (24.75%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 61.73g (20.58%), Net Carbohydrates: 60.59g (22.03%), Sugar: 38.01g (42.23%), Cholesterol: 16.37mg (5.46%), Sodium: 192.34mg (8.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Manganese: 0.52mg (26.21%), Vitamin K: 13µg (12.39%), Iron: 2.11mg (11.71%), Magnesium: 33.62mg (8.41%), Selenium: 5.51µg (7.87%), Phosphorus: 67.99mg (6.8%), Vitamin E: 0.88mg (5.87%), Vitamin B2: 0.09mg (5.57%), Vitamin B1: 0.07mg (4.63%), Fiber: 1.14g (4.57%), Zinc: 0.46mg (3.07%), Copper: 0.05mg (2.46%), Folate: 7.55µg (1.89%), Vitamin B5: 0.16mg (1.65%), Potassium: 56.36mg (1.61%)