

Oatmeal Carmelitas

READY IN



45 min.

SERVINGS



36

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.8 cup butter melted
- 0.8 cup mrs richardson's butterscotch caramel sauce
- 3 tablespoons flour all-purpose
- 1 cup oats quick
- 0.3 teaspoon salt
- 6 ounces semi chocolate chips
- 0.5 cup walnut pieces chopped

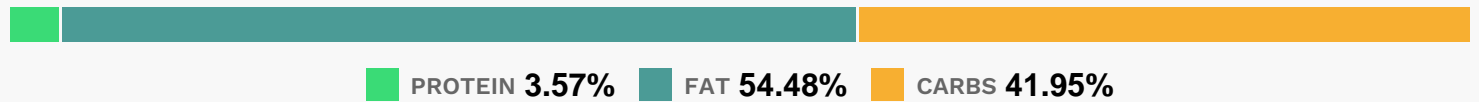
Equipment

- frying pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 9x9 inch square pan.
- Combine the 1 cup flour, baking soda, oats, brown sugar, salt and melted butter.
- Mix to combine, mixture will be very crumbly. Press half of the mixture into the bottom of the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 10 minutes.
- Let cool slightly then sprinkle over the crust the chocolate chips and chopped nuts.
- Mix the caramel ice cream topping with the 3 tablespoons of flour and drizzle over the chocolate chips. Top with the remaining oatmeal mixture. You will need to break it into small pieces to cover.
- Bake at 350 degrees F (175 degrees C) for 15 minutes.
- Let bars cool before cutting.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:2.013478230685%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 110.11kcal (5.51%), Fat: 6.87g (10.56%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 11.18g (4.07%), Sugar: 8.94g (9.94%), Cholesterol: 10.45mg (3.48%), Sodium: 79.68mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.01g (2.02%), Manganese: 0.22mg (11.23%), Copper: 0.1mg (4.81%), Magnesium: 17.84mg (4.46%), Phosphorus: 32.05mg (3.21%), Fiber: 0.72g (2.86%), Iron: 0.51mg (2.85%), Vitamin A: 125.11IU (2.5%), Selenium: 1.62µg (2.31%), Zinc: 0.26mg (1.72%), Vitamin B1: 0.02mg

(1.62%), Potassium: 53.03mg (1.52%), Calcium: 12.93mg (1.29%), Vitamin E: 0.17mg (1.12%)