



Oatmeal Fudge Brownies

READY IN



45 min.

SERVINGS



12

CALORIES



536 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoons baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 19 oz brownie mix fudgey style family style (Pillsbury)
- ☐ 6 oz butter
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2.5 cups oats
- ☐ 0.5 cup oil
- ☐ 0.8 cup semi-sweet chocolate chips dark

☐ 0.3 cup water

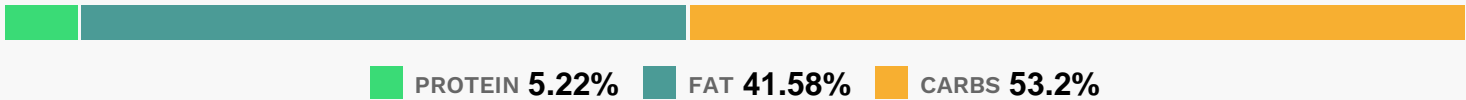
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 350 degrees. Line a 9×13 inch metal pan with non-stick foil. In a large mixing bowl, mix together oats, flour, brown sugar, salt (if using) and baking soda; stir in butter. Reserve 1 cup of the oatmeal mixture and put it in the refrigerator to chill. Press remaining oatmeal mixture in pan.
- ☐ Bake 10 minutes; cool for at least 5 minutes. Prepare brownie batter. In a mixing bowl (I used the same one from the oatmeal), mix the brownie mix, oil, water and eggs and beat 50 strokes with a wooden spoon.
- ☐ Spread dough over baked layer. Crumble up chilled, reserved oatmeal mixture and sprinkle it over the top.
- ☐ Sprinkle on the chocolate chips.
- ☐ Bake for 30 minutes or until top appears set. Cool completely. Chill if desired (It will give you a cleaner cut). Lift from pan, set on a cutting board and cut into 32 squares

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:8.21, Inflammation Score:-4, Nutrition Score:8.3078261406525%

Nutrients (% of daily need)

Calories: 536.04kcal (26.8%), Fat: 24.95g (38.39%), Saturated Fat: 11.46g (71.65%), Carbohydrates: 71.83g (23.94%), Net Carbohydrates: 69.04g (25.11%), Sugar: 39.84g (44.27%), Cholesterol: 62.13mg (20.71%), Sodium: 286.01mg (12.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.41mg (3.14%), Protein: 7.05g (14.1%), Manganese: 0.82mg (41.13%), Iron: 3.28mg (18.22%), Selenium: 11.31µg (16.16%), Phosphorus: 126.58mg (12.66%), Magnesium: 46.85mg (11.71%), Copper: 0.23mg (11.35%), Fiber: 2.79g (11.17%), Vitamin B1: 0.15mg (9.77%), Vitamin A: 404.7IU (8.09%), Zinc: 1.08mg (7.23%), Vitamin B2: 0.11mg (6.65%), Folate: 24.18µg (6.05%), Vitamin E: 0.88mg (5.89%), Potassium: 164.71mg (4.71%), Vitamin B5: 0.42mg (4.18%), Vitamin B3: 0.77mg (3.85%), Calcium: 36.37mg (3.64%), Vitamin K: 3.5µg (3.33%), Vitamin B6: 0.04mg (2.21%), Vitamin B12: 0.12µg (1.97%), Vitamin D: 0.17µg (1.11%)