



Oatmeal Peanut Butter Bars

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



170 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter
- 0.5 cup coconut or flaked
- 0.5 cup plus
- 1 cup peanut butter
- 0.5 cup raisins
- 3.3 cups rolled oats
- 0.5 cup semi chocolate chips

- 0.5 cup sunflower seeds
- 2 teaspoons vanilla extract

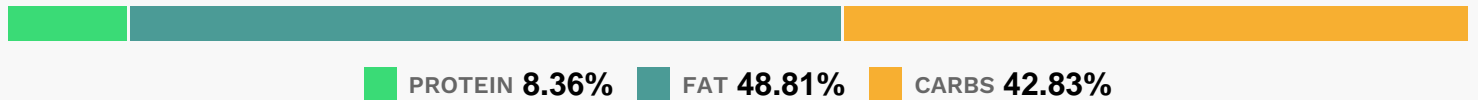
Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl stir together the peanut butter, the butter or margarine, the brown sugar, the syrup and the vanilla until smooth.
- Add all the other ingredients. Stir well.
- Press the mixture into 13 x 9 inch greased pan.
- Bake for 20–25 minutes.
- Let cool on wire rack before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:6.31, Glycemic Load:3.92, Inflammation Score:-2, Nutrition Score:5.3243478400552%

Nutrients (% of daily need)

Calories: 169.94kcal (8.5%), Fat: 9.62g (14.81%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 16.98g (6.18%), Sugar: 9.57g (10.64%), Cholesterol: 5.25mg (1.75%), Sodium: 56.18mg (2.44%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Protein: 3.71g (7.42%), Manganese: 0.55mg (27.41%), Vitamin E: 1.58mg (10.56%), Magnesium: 39.35mg (9.84%), Phosphorus: 88.25mg (8.82%), Fiber: 2.02g (8.06%), Copper: 0.16mg (7.94%), Vitamin B3: 1.4mg (7.02%), Selenium: 4.48µg (6.4%), Vitamin B1: 0.09mg (5.9%), Iron: 0.91mg (5.08%), Zinc: 0.75mg (4.99%), Vitamin B6: 0.08mg (4.16%), Potassium: 136.96mg (3.91%), Folate: 14.68µg (3.67%), Vitamin B2: 0.04mg (2.58%), Vitamin B5: 0.23mg (2.31%), Calcium: 16.84mg (1.68%), Vitamin A: 61.54IU (1.23%)