



Oatmeal-Raisin Bars



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 2 tablespoons honey
- ☐ 1.3 cups milk
- ☐ 1.8 cups old-fashioned rolled oats
- ☐ 0.5 cup raisins
- ☐ 0.5 cup sunflower seeds unsalted
- ☐ 1 teaspoon vanilla extract

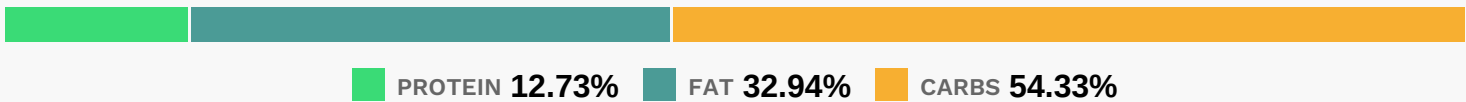
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F; line an 8-inch square baking pan with parchment.
- ☐ In a large bowl, whisk milk, egg, honey, vanilla and cinnamon. Stir in oats, sunflower seeds and raisins.
- ☐ Pour batter into pan and spread evenly.
- ☐ Bake until golden around edges and set in middle, 30 to 35 minutes. Allow to cool completely on a wire rack before slicing.

Nutrition Facts



Properties

Glycemic Index:42.81, Glycemic Load:17.65, Inflammation Score:-5, Nutrition Score:16.537391429362%

Nutrients (% of daily need)

Calories: 308.46kcal (15.42%), Fat: 11.73g (18.05%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 43.54g (14.51%), Net Carbohydrates: 38.3g (13.93%), Sugar: 10.61g (11.79%), Cholesterol: 44.52mg (14.84%), Sodium: 44.8mg (1.95%), Alcohol: 0.28g (100%), Alcohol %: 0.25% (100%), Protein: 10.2g (20.4%), Manganese: 1.41mg (70.69%), Vitamin E: 4.98mg (33.18%), Phosphorus: 297.72mg (29.77%), Selenium: 19.7µg (28.14%), Vitamin B1: 0.38mg (25.56%), Magnesium: 96.09mg (24.02%), Fiber: 5.23g (20.94%), Copper: 0.41mg (20.44%), Vitamin B2: 0.25mg (14.82%), Vitamin B6: 0.29mg (14.65%), Zinc: 2.13mg (14.23%), Iron: 2.53mg (14.05%), Potassium: 421.36mg (12.04%), Calcium: 114.5mg (11.45%), Folate: 44.83µg (11.21%), Vitamin B5: 0.86mg (8.64%), Vitamin B3: 1.69mg (8.43%), Vitamin B12: 0.42µg (6.97%), Vitamin D: 0.87µg (5.81%), Vitamin A: 160.7IU (3.21%), Vitamin C: 1.03mg (1.25%)