



Oatmeal White Chocolate Cookie Dough Bars

 Popular

READY IN



45 min.

SERVINGS



12

CALORIES



272 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1 cup gold medal flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup oats quick
- ☐ 8 tablespoons butter unsalted softened

- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 cup chocolate chips white

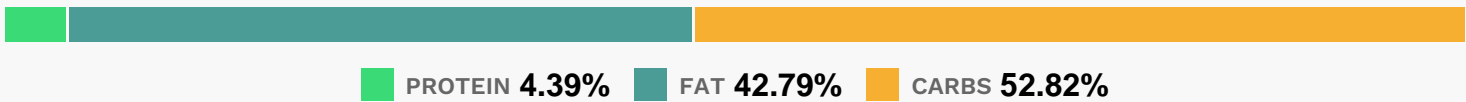
Equipment

- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. and line an 8×8 inch baking pan with parchment or foil sprayed with cooking spray.
- ☐ Place butter and sugars into stand or electric mixer beating on medium speed to cream until light and fluffy, about 3 minutes.
- ☐ Add egg and vanilla beating until combined.
- ☐ Add flour, oatmeal, baking soda and salt mixing on low to combine following the white chips. Beat until just combined then transfer to prepared baking pan spreading evenly.
- ☐ Bake for 30–35 minutes or until baked through and golden. While cookies are baking prepare frosting.
- ☐ Place butter and sugars into stand or electric mixer beating on medium speed to cream until light and fluffy, about 3 minutes.
- ☐ Add vanilla beating until combined.
- ☐ Add flour, oatmeal, and salt mixing on low to combine following the white chips.
- ☐ Spread over cooled cookie bars then cut into squares and serve!

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:19.05, Inflammation Score:-2, Nutrition Score:4.0113043875798%

Nutrients (% of daily need)

Calories: 272.06kcal (13.6%), Fat: 13.14g (20.22%), Saturated Fat: 7.89g (49.3%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 35.87g (13.05%), Sugar: 26.2g (29.11%), Cholesterol: 38.72mg (12.91%), Sodium: 117.48mg (5.11%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 3.03g (6.07%), Manganese: 0.23mg (11.31%), Selenium: 6.89µg (9.84%), Vitamin B1: 0.11mg (7.44%), Vitamin B2: 0.12mg (7.17%), Phosphorus: 64mg (6.4%), Folate: 23.52µg (5.88%), Vitamin A: 260.24IU (5.2%), Iron: 0.82mg (4.56%), Calcium: 45.33mg (4.53%), Vitamin B3: 0.77mg (3.86%), Magnesium: 14.77mg (3.69%), Vitamin E: 0.43mg (2.89%), Fiber: 0.63g (2.52%), Potassium: 86.99mg (2.49%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.36mg (2.39%), Copper: 0.05mg (2.31%), Vitamin B12: 0.14µg (2.28%), Vitamin K: 2.17µg (2.07%), Vitamin D: 0.22µg (1.49%), Vitamin B6: 0.03mg (1.38%)