



Old-Fashioned Oatmeal Brownies

 Dairy Free

READY IN



190 min.

SERVINGS



48

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 2.5 cups rolled oats
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup butter melted
- ☐ 4 oz baker's chocolate unsweetened
- ☐ 0.7 cup butter
- ☐ 2 cups granulated sugar

- ☐ 1 teaspoon vanilla
- ☐ 4 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon salt

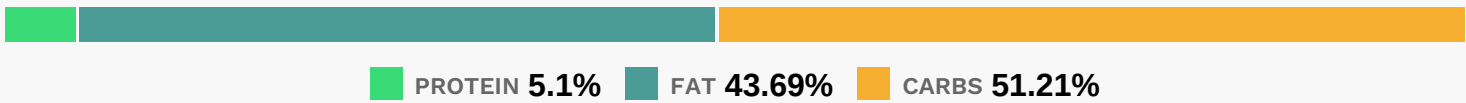
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.
- ☐ In large bowl, mix oats, 3/4 cup flour, the brown sugar and baking soda. Stir in melted 3/4 cup butter. Reserve 3/4 cup oat mixture for topping. Press remaining oat mixture in pan.
- ☐ Bake 10 minutes. Cool 5 minutes.
- ☐ Meanwhile, in 3-quart saucepan, heat chocolate and 2/3 cup butter over low heat, stirring occasionally, until melted; remove from heat. Stir in granulated sugar, vanilla and eggs. Stir in 1 1/4 cups flour, the baking powder and salt.
- ☐ Spread batter over baked base.
- ☐ Sprinkle with reserved oat mixture.
- ☐ Bake about 30 minutes or until center is set and oat mixture turns golden brown (do not overbake). Cool completely, about 2 hours.
- ☐ Cut into 8 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:9.69, Inflammation Score:-3, Nutrition Score:3.1921739482685%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 145.64kcal (7.28%), Fat: 7.33g (11.28%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 18.37g (6.68%), Sugar: 11.75g (13.06%), Cholesterol: 13.64mg (4.55%), Sodium: 139.04mg (6.05%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.93g (3.85%), Manganese: 0.29mg (14.56%), Selenium: 4.39µg (6.28%), Copper: 0.11mg (5.27%), Vitamin A: 259.45IU (5.19%), Iron: 0.93mg (5.19%), Vitamin B1: 0.07mg (4.4%), Phosphorus: 43.16mg (4.32%), Magnesium: 15.68mg (3.92%), Fiber: 0.96g (3.84%), Folate: 13.37µg (3.34%), Vitamin B2: 0.06mg (3.27%), Zinc: 0.47mg (3.11%), Vitamin B3: 0.4mg (1.98%), Vitamin E: 0.28mg (1.84%), Calcium: 17.3mg (1.73%), Potassium: 53.23mg (1.52%), Vitamin B5: 0.14mg (1.4%)