

Sesame Snaps

 Vegetarian  Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



36

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 teaspoon double-acting baking powder
- 1.5 cups brown sugar
- 0.8 cup butter
- 2.3 cups oats quick
- 0.8 cup sesame seed
- 1.5 teaspoons vanilla

Equipment

- frying pan

- sauce pan
- oven
- wire rack

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Butter a 10x15 inch jellyroll pan.
- Melt butter in a large saucepan over medium heat. Stir in brown sugar and vanilla.
- Remove from heat, and stir in oats, sesame seeds and baking powder until well blended. Press evenly into the prepared pan.
- Bake for 7 to 10 minutes in the preheated oven, or golden brown. Cool in the pan over a wire rack.
- Cut into bars.

Nutrition Facts



PROTEIN 4.74% **FAT 47.04%** **CARBS 48.22%**

Properties

Glycemic Index:6.72, Glycemic Load:2.09, Inflammation Score:-2, Nutrition Score:2.9130434821481%

Nutrients (% of daily need)

Calories: 105.97kcal (5.3%), Fat: 5.74g (8.82%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 12.38g (4.5%), Sugar: 9g (10%), Cholesterol: 10.17mg (3.39%), Sodium: 42.32mg (1.84%), Alcohol: 0.06g (100%), Alcohol %: 0.33% (100%), Protein: 1.3g (2.6%), Manganese: 0.3mg (15.05%), Copper: 0.15mg (7.54%), Magnesium: 25.61mg (6.4%), Calcium: 46.51mg (4.65%), Phosphorus: 46.2mg (4.62%), Iron: 0.77mg (4.25%), Selenium: 2.96µg (4.22%), Vitamin B1: 0.05mg (3.49%), Fiber: 0.85g (3.38%), Zinc: 0.41mg (2.74%), Vitamin A: 118.46IU (2.37%), Vitamin B6: 0.03mg (1.68%), Potassium: 46.36mg (1.32%), Folate: 4.89µg (1.22%), Vitamin E: 0.15mg (1.02%)