



Toasted Almond-Cappuccino-Oatmeal Bars

 Dairy Free

READY IN



150 min.

SERVINGS



24

CALORIES



158 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 17.5 oz chocolate chip cookie mix
- ☐ 1 serving eggs for on cookie mix pouches
- ☐ 0.5 cup coffee dry instant ()
- ☐ 1 tablespoon water
- ☐ 2 tablespoons water
- ☐ 0.3 cup coffee dry instant ()
- ☐ 0.8 cup powdered sugar
- ☐ 0.5 cup almonds toasted sliced

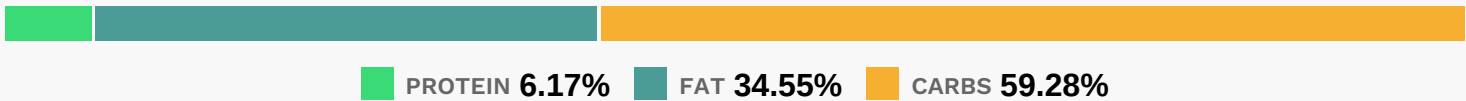
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.
- ☐ In large bowl, stir together filling ingredients until dough forms. Gently press dough in bottom of pan, using floured fingers.
- ☐ Bake 27 to 30 minutes or until deep golden brown. Cool completely, about 1 hour.
- ☐ In small microwavable bowl, mix 2 tablespoons water and 2 tablespoons of the cappuccino mix. Microwave on High 15 to 20 seconds or until cappuccino mix is dissolved. Stir in powdered sugar until well blended; if necessary, stir in remaining 1 tablespoon water.
- ☐ In another small bowl, mix almonds and remaining 2 tablespoons cappuccino mix.
- ☐ Drizzle glaze over bars; sprinkle with almond mixture.
- ☐ Let stand 30 minutes until glaze is set. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:6.55, Inflammation Score:-2, Nutrition Score:3.3169565531223%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg

Nutrients (% of daily need)

Calories: 158.38kcal (7.92%), Fat: 6.15g (9.46%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 22.92g (8.33%), Sugar: 10.46g (11.62%), Cholesterol: 8.47mg (2.82%), Sodium: 79.74mg (3.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 232.15mg (77.38%), Protein: 2.47g (4.94%), Vitamin B3: 2.57mg (12.85%), Magnesium: 36.41mg (9.1%), Potassium: 316mg (9.03%), Manganese: 0.17mg (8.55%), Vitamin B1: 0.07mg (4.9%), Phosphorus: 45.38mg (4.54%), Vitamin B2: 0.07mg (4.33%), Folate: 15.55µg (3.89%), Iron: 0.68mg (3.78%), Vitamin E: 0.51mg (3.4%), Fiber: 0.82g (3.27%), Selenium: 1.6µg (2.28%), Calcium: 16.7mg (1.67%), Copper: 0.03mg (1.6%), Zinc: 0.21mg (1.42%)