



14 Layer Bars

READY IN



35 min.

SERVINGS



6

CALORIES



947 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound butter melted
- ☐ 0.5 cup butterscotch chips
- ☐ 0.5 cup chocolate chips
- ☐ 4 ounces cream cheese softened
- ☐ 0.5 cup graham crackers crushed
- ☐ 0.5 cup chocolate graham crackers crushed
- ☐ 0.5 cup hazelnuts chopped
- ☐ 0.5 cup oats
- ☐ 0.5 cup peanut butter chips

- ☐ 0.5 cup pecans chopped
- ☐ 8 ounce condensed milk sweetened canned
- ☐ 0.5 cup coconut or shredded sweetened
- ☐ 0.5 cup vanilla wafers crushed
- ☐ 0.5 cup walnuts chopped

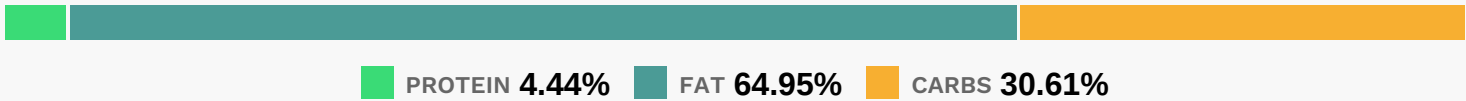
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In an 11 by 15-inch baking pan, layer each ingredient in order written. Dollop cream cheese on top of layers and drizzle sweetened condensed milk on top of everything.
- ☐ Bake in the oven for 25 minutes.
- ☐ Remove from oven and allow to cool before slicing into bars.

Nutrition Facts



Properties

Glycemic Index:74.67, Glycemic Load:27.82, Inflammation Score:-7, Nutrition Score:16.876956628717%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 947.36kcal (47.37%), Fat: 70.37g (108.27%), Saturated Fat: 33.09g (206.81%), Carbohydrates: 74.63g (24.88%), Net Carbohydrates: 70.47g (25.63%), Sugar: 51.97g (57.75%), Cholesterol: 114.58mg (38.19%), Sodium:

561.74mg (24.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.63%), Manganese: 1.79mg (89.72%), Phosphorus: 282.84mg (28.28%), Vitamin A: 1322.56IU (26.45%), Copper: 0.5mg (24.98%), Vitamin B1: 0.31mg (20.37%), Magnesium: 76.9mg (19.23%), Vitamin E: 2.87mg (19.11%), Calcium: 189.84mg (18.98%), Vitamin B2: 0.32mg (18.98%), Selenium: 11.95µg (17.07%), Fiber: 4.15g (16.61%), Zinc: 2.13mg (14.19%), Potassium: 449.76mg (12.85%), Folate: 47.58µg (11.89%), Iron: 2.14mg (11.87%), Vitamin B6: 0.2mg (10.04%), Vitamin B5: 0.79mg (7.89%), Vitamin B3: 1.42mg (7.12%), Vitamin K: 5.47µg (5.21%), Vitamin B12: 0.27µg (4.54%), Vitamin C: 1.89mg (2.29%)