



## Aloha Paradise Bars

READY IN



75 min.

SERVINGS



36

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter softened
- 1 eggs
- 2 cups peppermint candies white
- 1 cup pineapple dried coarsely chopped
- 1 cup coconut flakes flaked
- 1 cup macadamia nuts chopped
- 14 oz condensed milk sweetened canned (not evaporated)

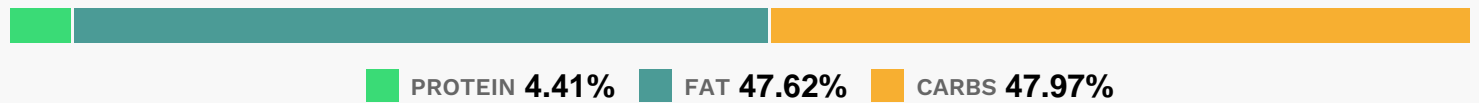
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 350°F. Spray bottom only of 13x9-inch pan with cooking spray. In large bowl, stir cookie mix, butter and egg until soft dough forms. Press dough in bottom of pan.
- Bake 15 minutes.
- Sprinkle with baking chips, pineapple, coconut and nuts.
- Drizzle evenly with sweetened condensed milk.
- Bake 30 to 35 minutes longer or until light golden brown. Cool completely. For bars, cut into 9 rows by 4 rows. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:1.97, Glycemic Load:3.68, Inflammation Score:-1, Nutrition Score:2.5369564894101%

## Nutrients (% of daily need)

Calories: 242.43kcal (12.12%), Fat: 13.25g (20.38%), Saturated Fat: 6.86g (42.9%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 29.21g (10.62%), Sugar: 23.59g (26.21%), Cholesterol: 8.3mg (2.77%), Sodium: 94.05mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Manganese: 0.22mg (10.98%), Calcium: 58.55mg (5.85%), Vitamin B1: 0.06mg (4.33%), Phosphorus: 42.9mg (4.29%), Vitamin B2: 0.07mg (3.86%), Selenium: 2.58µg (3.68%), Fiber: 0.81g (3.25%), Vitamin A: 148.81IU (2.98%), Magnesium: 10.07mg (2.52%), Copper: 0.05mg (2.47%), Iron: 0.38mg (2.13%), Potassium: 70.43mg (2.01%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.22mg (1.43%), Vitamin B6: 0.03mg (1.27%), Vitamin C: 1.01mg (1.22%), Folate: 4.65µg (1.16%), Vitamin E: 0.16mg (1.06%), Vitamin B12: 0.06µg (1.04%)