



Aloha Paradise Bars

READY IN



75 min.

SERVINGS



36

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 cup coconut flakes flaked
- ☐ 1 cup pineapple dried coarsely chopped
- ☐ 1 eggs
- ☐ 1 cup macadamia nuts chopped
- ☐ 2 cups vanilla extract white
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)
- ☐ 14 oz condensed milk sweetened canned (not evaporated)

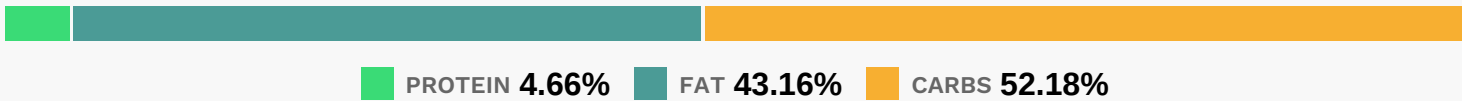
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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:2.6304348140307%

Nutrients (% of daily need)

Calories: 204.33kcal (10.22%), Fat: 8.71g (13.4%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 22.88g (8.32%), Sugar: 17.59g (19.54%), Cholesterol: 8.3mg (2.77%), Sodium: 86.93mg (3.78%), Alcohol: 3.98g (100%), Alcohol %: 9.83% (100%), Protein: 2.12g (4.23%), Manganese: 0.25mg (12.31%), Vitamin B2: 0.08mg (4.51%), Vitamin B1: 0.07mg (4.41%), Phosphorus: 43.59mg (4.36%), Calcium: 40.11mg (4.01%), Selenium: 2.58µg (3.68%), Fiber: 0.81g (3.25%), Vitamin A: 148.81IU (2.98%), Copper: 0.06mg (2.89%), Magnesium: 11.46mg (2.86%), Potassium: 87.53mg (2.5%), Iron: 0.4mg (2.21%), Vitamin B5: 0.16mg (1.55%), Zinc: 0.23mg (1.52%), Vitamin B6: 0.03mg (1.42%), Vitamin C: 1.01mg (1.22%), Vitamin B3: 0.24mg (1.18%), Folate: 4.65µg (1.16%), Vitamin E: 0.16mg (1.06%), Vitamin B12: 0.06µg (1.04%)