



## Amazing Gluten-Free Layer Bars

 **Gluten Free**  **Popular**

READY IN



60 min.

SERVINGS



30

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup almonds sliced
- 1 cup butterscotch chips
- 6 ounces semi chocolate chips
- 7 ounces coconut or sweetened divided flaked
- 14 ounce condensed milk sweetened canned
- 8 ounces peanuts unsalted

### Equipment

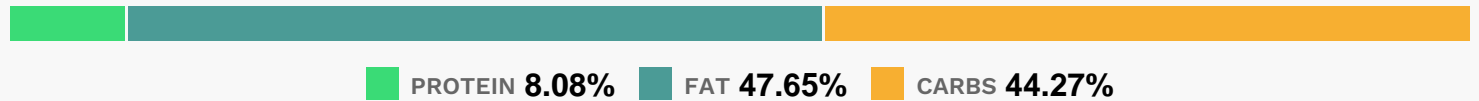
- frying pan

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F ( 175 degrees C ). Generously grease one 13x9-inch baking pan.
- Spread 2/3 of the flaked coconut evenly on the bottom of the baking pan.
- Sprinkle the butterscotch morsels, chocolate chips, and peanuts evenly over the coconut layer.
- Pour condensed milk evenly over the whole pan. Top with sliced almonds and remaining coconut.
- Bake in preheated oven for 20 minutes. Cool completely before cutting into squares.

## Nutrition Facts



## Properties

Glycemic Index:2.37, Glycemic Load:4.4, Inflammation Score:-2, Nutrition Score:4.4321739492209%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg 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: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 180.87kcal (9.04%), Fat: 9.88g (15.21%), Saturated Fat: 4.48g (28%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 18.72g (6.81%), Sugar: 16.71g (18.57%), Cholesterol: 5.35mg (1.78%), Sodium: 58.85mg (2.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 3.77g (7.54%), Manganese: 0.33mg (16.6%), Phosphorus: 89.7mg (8.97%), Magnesium: 34.39mg (8.6%), Fiber: 1.94g (7.74%), Copper: 0.14mg (7.02%), Vitamin B3: 1.27mg (6.33%), Selenium: 4.3µg (6.14%), Vitamin E: 0.82mg (5.5%), Vitamin B2: 0.09mg (5.42%), Calcium: 50.55mg (5.06%), Potassium: 164.45mg (4.7%), Zinc: 0.58mg (3.89%), Iron: 0.66mg (3.67%), Folate: 9.66µg (2.42%), Vitamin B6: 0.05mg (2.4%), Vitamin B5: 0.24mg (2.38%), Vitamin B1: 0.03mg (2%), Vitamin B12:

0.07 $\mu$ g (1.14%)