



Apple Hello Dolly Bars

READY IN



120 min.

SERVINGS



100

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 12 oz butterscotch topping
- ☐ 2 cups graham cracker crumbs
- ☐ 1 lb apples i use 2 granny smith apples peeled finely chopped
- ☐ 1.5 cups pecans coarsely chopped
- ☐ 12 oz semi chocolate chips
- ☐ 1 cup coconut sweetened flaked
- ☐ 14 oz condensed milk sweetened canned

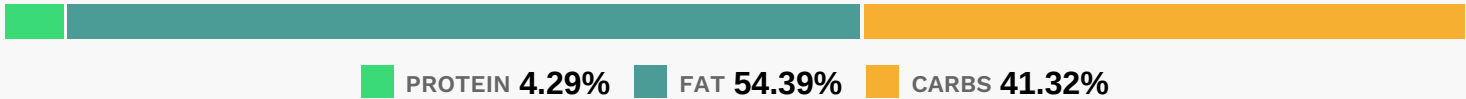
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Stir together graham cracker crumbs and butter; press onto bottom of a lightly greased 13- x 9-inch pan.
- ☐ Layer semisweet chocolate and next 4 ingredients (in order of ingredient list) in prepared pan; drizzle with sweetened condensed milk.
- ☐ Bake at 350 for 40 to 45 minutes or until deep golden brown. Cool completely on a wire rack (about 1 hour).
- ☐ Cut into bars.
- ☐ Note: We tested with Keebler Graham Cracker Crumbs.

Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:3.76, Inflammation Score:-1, Nutrition Score:1.5326086848002%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 83.57kcal (4.18%), Fat: 5.15g (7.92%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.12g (2.95%), Sugar: 6.93g (7.7%), Cholesterol: 3.99mg (1.33%), Sodium: 29.25mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Manganese: 0.13mg (6.43%), Copper: 0.07mg (3.35%), Phosphorus: 29.49mg (2.95%), Fiber: 0.68g (2.72%), Magnesium: 10.84mg (2.71%), Iron: 0.35mg (1.97%), Calcium: 17.65mg (1.76%), Vitamin B2: 0.03mg (1.68%), Zinc: 0.25mg (1.64%), Selenium: 1.13µg (1.61%), Potassium: 54.06mg (1.54%), Vitamin B1: 0.02mg (1.38%)