



Chewy Almond-Fudge Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 0.8 cup natural almonds toasted chopped
- ☐ 19.8 ounce chewy fudge brownie mix
- ☐ 1.3 cups chocolate coconut candy bars dark miniature chopped
- ☐ 1 cup condensed milk sweetened
- ☐ 3 tablespoons vegetable oil

Equipment

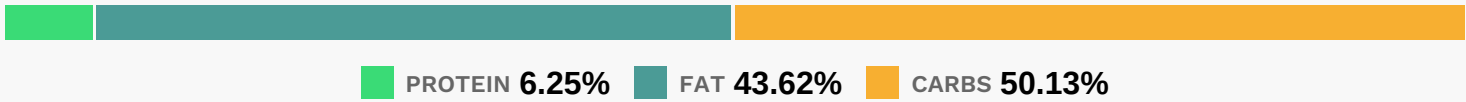
- ☐ frying pan
- ☐ oven

☐ wire rack

Directions

- ☐ Prepare brownie mix according to package directions, reducing vegetable oil to 3 tablespoons; pour into a lightly greased 13" x 9" x 2" pan.
- ☐ Pour sweetened condensed milk over batter; sprinkle with chopped candy bars and almonds.
- ☐ Bake at 350 for 36 to 38 minutes.
- ☐ Let cool completely in pan on a wire rack.
- ☐ Cut into bars.
- ☐ Note: For brownie mix, we used Duncan Hines. For minature dark chocolate candy bars, we used Mounds.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:5.01, Inflammation Score:-2, Nutrition Score:4.5208695796521%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 239.48kcal (11.97%), Fat: 11.75g (18.08%), Saturated Fat: 3.97g (24.82%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 28.85g (10.49%), Sugar: 20.92g (23.24%), Cholesterol: 4.61mg (1.54%), Sodium: 86.35mg (3.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.29mg (2.43%), Protein: 3.79g (7.58%), Manganese: 0.28mg (14.02%), Iron: 1.93mg (10.73%), Copper: 0.21mg (10.45%), Vitamin E: 1.36mg (9.05%), Magnesium: 36.16mg (9.04%), Phosphorus: 81.83mg (8.18%), Vitamin B2: 0.11mg (6.53%), Fiber: 1.55g (6.21%), Calcium: 54.88mg (5.49%), Potassium: 145.23mg (4.15%), Selenium: 2.69µg (3.84%), Zinc: 0.56mg (3.74%), Vitamin K: 3.87µg (3.68%), Vitamin B1: 0.02mg (1.58%), Vitamin B5: 0.15mg (1.55%), Vitamin B3: 0.28mg (1.42%), Vitamin B12: 0.08µg (1.36%)