



Chewy Coconut Bars

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups brown sugar packed
- ☐ 0.5 cup coconut or shredded
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups semi chocolate chips
- ☐ 0.7 cup shortening

- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup walnuts chopped

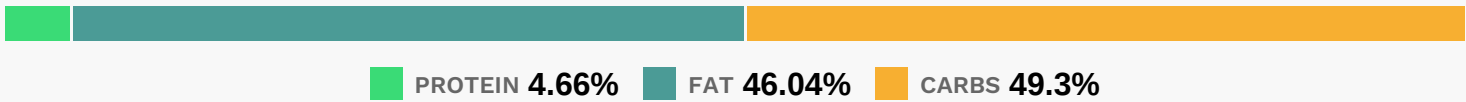
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- ☐ In large bowl, cream the shortening, brown sugar, eggs and vanilla extract. Slowly blend in flour, baking powder, and salt.
- ☐ Mix until well blended. Fold in chocolate chips, walnuts and coconut.
- ☐ Spread the mixture evenly in pan.
- ☐ Bake 20 to 25 minutes.
- ☐ Let cool before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:10.94, Glycemic Load:7.81, Inflammation Score:-3, Nutrition Score:6.9043477870848%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 348.41kcal (17.42%), Fat: 18.1g (27.84%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 41.49g (15.09%), Sugar: 29.58g (32.86%), Cholesterol: 28.18mg (9.39%), Sodium: 108.05mg (4.7%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Caffeine: 12.9mg (4.3%), Protein: 4.12g (8.24%), Manganese: 0.51mg (25.58%), Copper: 0.31mg (15.57%), Selenium: 8.98µg (12.82%), Iron: 2.12mg (11.78%), Magnesium: 41.04mg (10.26%), Phosphorus: 93.76mg (9.38%), Vitamin B1: 0.14mg (9.09%), Folate: 34.46µg (8.62%), Fiber: 2.1g (8.41%),

Vitamin B2: 0.12mg (6.91%), Calcium: 54.07mg (5.41%), Vitamin B3: 1.05mg (5.23%), Zinc: 0.77mg (5.15%), Vitamin K: 5.32µg (5.07%), Potassium: 172.34mg (4.92%), Vitamin E: 0.68mg (4.52%), Vitamin B5: 0.34mg (3.37%), Vitamin B6: 0.06mg (3.06%), Vitamin B12: 0.09µg (1.54%)