



Chocolate Coconut Candy Bars

 Vegetarian

READY IN



110 min.

SERVINGS



15

CALORIES



393 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 2 cups coconut or flaked
- 3 tablespoons creamy peanut butter
- 2 cups graham cracker crumbs
- 8 ounce chocolate candy bar chopped
- 0.5 cup pecans chopped
- 14 ounce condensed milk sweetened canned
- 0.3 cup sugar white

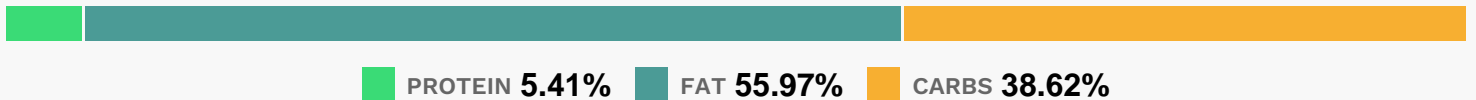
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Mix the graham cracker crumbs, butter, and sugar in a bowl. Press the mixture into the prepared baking dish to form a crust.
- Combine the coconut, sweetened condensed milk, and pecans in another bowl until well mixed.
- Spread coconut mixture over the cracker crust.
- Bake in the preheated oven until set, about 15 minutes. Set aside to cool completely, about 1 hour.
- Melt the chocolate bar and peanut butter in a small saucepan over very low heat, cooking and stirring until smooth, about 2 minutes.
- Spread the chocolate mixture evenly over the cooled coconut bars. Cool until set, about 15 minutes.
- Cut into bars before serving.

Nutrition Facts



Properties

Glycemic Index:18.61, Glycemic Load:17.24, Inflammation Score:-3, Nutrition Score:7.5295652915602%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin:

0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 393.06kcal (19.65%), Fat: 25.16g (38.7%), Saturated Fat: 15.66g (97.9%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 35.77g (13.01%), Sugar: 28.6g (31.78%), Cholesterol: 25.57mg (8.52%), Sodium: 195.94mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Manganese: 0.67mg (33.33%), Phosphorus: 149.4mg (14.94%), Fiber: 3.29g (13.16%), Copper: 0.22mg (10.76%), Selenium: 7.38µg (10.54%), Magnesium: 41.96mg (10.49%), Vitamin B2: 0.17mg (10.06%), Calcium: 96.08mg (9.61%), Iron: 1.36mg (7.53%), Potassium: 262.89mg (7.51%), Zinc: 1.11mg (7.42%), Vitamin B1: 0.09mg (6.16%), Vitamin B3: 1.06mg (5.3%), Vitamin A: 261.77IU (5.24%), Vitamin B6: 0.09mg (4.72%), Vitamin E: 0.64mg (4.26%), Vitamin B5: 0.4mg (4%), Folate: 13.77µg (3.44%), Vitamin B12: 0.13µg (2.15%), Vitamin C: 0.96mg (1.16%), Vitamin K: 1.1µg (1.05%)