



Chocolate Crumble Bars

READY IN



45 min.

SERVINGS



30

CALORIES



217 kcal

DESSERT

Ingredients

- ☐ 6 ounce chocolate baking squares white chopped
- ☐ 2 tablespoons butter melted
- ☐ 9 ounce chocolate wafers such as nabisco famous crushed
- ☐ 1 cup coconut or flaked
- ☐ 4.6 ounce candy bars with crunchy cookie bits in white chocolate, chopped
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup pecans toasted chopped
- ☐ 6 ounces semisweet chocolate morsels
- ☐ 14 ounce condensed milk sweetened canned

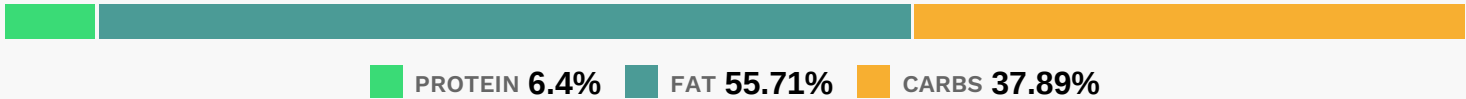
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Combine cookie crumbs and melted butter; stir well. Press mixture into a lightly greased aluminum foil-lined 13- x 9-inch baking pan.
- ☐ Bake at 350 for 10 minutes.
- ☐ Sprinkle chopped candy bars and next 4 ingredients over crust.
- ☐ Combine egg and condensed milk; pour over chocolate morsels.
- ☐ Bake at 350 for 30 to 35 minutes.
- ☐ Let cool completely.
- ☐ Cut into bars.
- ☐ Note: For testing purposes only, we used Hershey's Cookies 'n' Creme candy bars.

Nutrition Facts



Properties

Glycemic Index:8.02, Glycemic Load:9.14, Inflammation Score:-3, Nutrition Score:6.3765218089456%

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: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 8.07mg, Epicatechin: 8.07mg, Epicatechin: 8.07mg, Epicatechin: 8.07mg 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: 217.09kcal (10.85%), Fat: 14.27g (21.95%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 19.33g (7.03%), Sugar: 15.46g (17.18%), Cholesterol: 14.14mg (4.71%), Sodium: 81.43mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.26mg (3.42%), Protein: 3.69g (7.38%), Manganese: 0.61mg (30.67%), Copper: 0.37mg (18.27%), Magnesium: 44.16mg (11.04%), Phosphorus: 109.28mg (10.93%), Iron: 1.94mg (10.76%), Fiber: 2.5g (10.01%), Zinc: 1.19mg (7.93%), Selenium: 4.76µg (6.8%), Vitamin B2: 0.11mg (6.71%), Calcium: 62.63mg (6.26%), Potassium: 191.52mg (5.47%), Vitamin B1: 0.07mg (4.57%), Vitamin B5: 0.27mg (2.65%), Vitamin B3: 0.49mg (2.45%), Folate: 9.21µg (2.3%), Vitamin B12: 0.12µg (1.95%), Vitamin E: 0.28mg (1.89%), Vitamin B6: 0.04mg (1.8%), Vitamin K: 1.85µg (1.76%), Vitamin A: 74.86IU (1.5%)