



Chocolate Fruit Bars II

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cocoa powder instant
- 1 cup coconut or shredded
- 0.5 cup cornflakes cereal
- 0.3 cup raisins
- 1 teaspoon cooking sherry
- 0.3 cup condensed milk sweetened
- 3 ounce chocolate unsweetened
- 2 cups vanilla wafer crumbs

0.3 cup walnuts chopped

Equipment

frying pan

mixing bowl

broiler

Directions

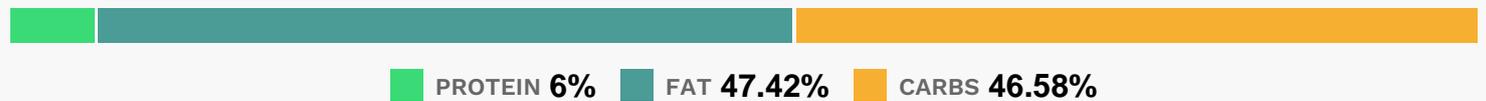
Lightly butter a 7 or 8 inch square pan.

Put all ingredients (except chocolate squares) into mixing bowl: mix well together. Press into pan; smooth surface.

Melt chocolate in double broiler; spread evenly over top of mixture. Score with fork. Refrigerate until firm.

Cut into small bars.

Nutrition Facts



Properties

Glycemic Index:13.43, Glycemic Load:9.34, Inflammation Score:-2, Nutrition Score:4.2165217898462%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epicatechin: 9.05mg, Epicatechin: 9.05mg, Epicatechin: 9.05mg, Epicatechin: 9.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 133.82kcal (6.69%), Fat: 7.7g (11.84%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 14.9g (5.42%), Sugar: 6.63g (7.37%), Cholesterol: 1.57mg (0.52%), Sodium: 63.27mg (2.75%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Caffeine: 6.53mg (2.18%), Protein: 2.19g (4.38%), Manganese: 0.37mg (18.7%), Copper: 0.25mg (12.67%), Fiber: 2.11g (8.46%), Iron: 1.45mg (8.04%), Magnesium: 27.64mg (6.91%), Phosphorus: 57.05mg (5.71%), Vitamin B1: 0.09mg (5.66%), Folate: 18.54µg (4.63%), Zinc: 0.69mg (4.59%), Vitamin B2: 0.07mg (4.32%), Potassium: 130.05mg (3.72%), Vitamin B3: 0.63mg (3.14%), Selenium: 1.79µg (2.56%), Calcium: 21.4mg (2.14%), Vitamin B6: 0.04mg (1.75%)