



Chocolate Rainbow Cookie Bars

READY IN



45 min.

SERVINGS



36

CALORIES



161 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 2 cups candy-coated chocolates mini
- 1 cup coconut or flaked
- 2 cups graham cracker crumbs
- 12.5 ounce chocolate condensed milk sweetened canned
- 1 cup walnuts chopped

Equipment

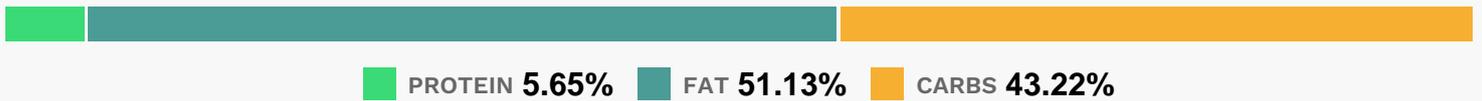
- bowl

- frying pan
- oven
- baking pan

Directions

- preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- In a small bowl, combine the graham cracker crumbs and butter. Press into the bottom of the prepared baking pan.
- Pour the condensed milk over the crumbs as evenly as possible.
- Sprinkle the candies, coconut and nuts over the milk, press in lightly.
- Bake in the preheated oven for 15 to 20 minutes. Cool before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:5.83, Inflammation Score:-1, Nutrition Score:2.4360869565736%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 161.3kcal (8.07%), Fat: 9.37g (14.41%), Saturated Fat: 4.92g (30.72%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 16.75g (6.09%), Sugar: 13.91g (15.46%), Cholesterol: 9.6mg (3.2%), Sodium: 65.57mg (2.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Manganese: 0.18mg (8.82%), Phosphorus: 50.94mg (5.09%), Calcium: 49.35mg (4.94%), Fiber: 1.07g (4.29%), Copper: 0.07mg (3.67%), Vitamin B2: 0.06mg (3.54%), Magnesium: 12.61mg (3.15%), Selenium: 2.07µg (2.96%), Iron: 0.53mg (2.93%), Zinc: 0.33mg (2.22%), Vitamin B1: 0.03mg (2.14%), Vitamin A: 105.34IU (2.11%), Potassium: 72.44mg (2.07%), Vitamin B6: 0.03mg (1.71%), Folate: 6.69µg (1.67%), Vitamin B3: 0.25mg (1.24%), Vitamin B5: 0.11mg (1.14%)