



## Chocolate Walnut Coconut Bars

READY IN



40 min.

SERVINGS



40

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter melted
- 1.5 cups baker's angel flake coconut
- 1.5 cups graham crackers crushed
- 0.5 cup raisins
- 8 oz baker's semi-sweet chocolate chopped
- 14 oz condensed milk sweetened canned
- 0.5 cup planters walnuts chopped

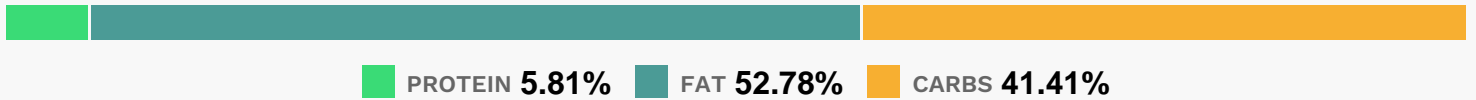
### Equipment

- frying pan
- oven
- aluminum foil

## Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides.
- Mix graham crumbs and butter; press firmly onto bottom of prepared pan.
- Sprinkle chocolate, coconut, nuts and raisins over crust.
- Pour condensed milk evenly over ingredients in pan.
- Bake 25 to 30 min. or until lightly browned. Cool in pan. Use foil handles to lift dessert from pan before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:6.59, Glycemic Load:5.9, Inflammation Score:-1, Nutrition Score:2.8686956037646%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

## Nutrients (% of daily need)

Calories: 125.13kcal (6.26%), Fat: 7.54g (11.61%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.01g (4.37%), Sugar: 8.53g (9.48%), Cholesterol: 6.76mg (2.25%), Sodium: 46.25mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 1.87g (3.73%), Manganese: 0.22mg (10.9%), Copper: 0.13mg (6.37%), Phosphorus: 59.99mg (6%), Fiber: 1.31g (5.24%), Magnesium: 20.3mg (5.08%), Iron: 0.71mg (3.96%), Selenium: 2.63µg (3.76%), Calcium: 37.47mg (3.75%), Vitamin B2: 0.06mg (3.61%), Potassium: 113.99mg (3.26%), Zinc: 0.42mg (2.82%), Vitamin B1: 0.03mg (1.83%), Vitamin B6: 0.03mg (1.56%), Vitamin A: 65.07IU (1.3%), Vitamin B5: 0.13mg (1.28%), Vitamin B3: 0.25mg (1.26%), Folate: 4.46µg (1.12%)