



## Clark Bars

READY IN



45 min.

SERVINGS



24

CALORIES



497 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup butter melted
- 2.5 cups confectioners' sugar
- 16 ounce graham crackers crumbled
- 2.5 cups peanut butter
- 2 cups semi chocolate chips
- 14 ounce condensed milk sweetened canned

## Equipment

- frying pan

mixing bowl

pot

## Directions

Grease a 9x13 inch pan.

Mix graham cracker crumbs, butter, peanut butter and powdered sugar together in a large mixing bowl. Press the mixture into the prepared pan.

In a small pot melt chocolate chips and condensed milk together over a low heat. Stir until well mixed.

Spread the chocolate mixture over the peanut butter mixture. Chill the cookie-bars for 4 hours.

Cut and serve.

## Nutrition Facts



**PROTEIN 7.56%** **FAT 53.58%** **CARBS 38.86%**

## Properties

Glycemic Index:8.29, Glycemic Load:16.33, Inflammation Score:-5, Nutrition Score:10.35999994563%

## Nutrients (% of daily need)

Calories: 496.95kcal (24.85%), Fat: 30.48g (46.89%), Saturated Fat: 12.08g (75.52%), Carbohydrates: 49.73g (16.58%), Net Carbohydrates: 46.6g (16.95%), Sugar: 33.9g (37.67%), Cholesterol: 26.86mg (8.95%), Sodium: 323.41mg (14.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 9.67g (19.35%), Manganese: 0.59mg (29.71%), Vitamin B3: 4.45mg (22.27%), Magnesium: 87.46mg (21.86%), Phosphorus: 212.39mg (21.24%), Vitamin E: 2.78mg (18.55%), Copper: 0.31mg (15.46%), Fiber: 3.13g (12.53%), Iron: 2.23mg (12.41%), Zinc: 1.61mg (10.75%), Vitamin B2: 0.18mg (10.5%), Potassium: 333.95mg (9.54%), Calcium: 86.76mg (8.68%), Folate: 33.91µg (8.48%), Vitamin B6: 0.15mg (7.6%), Selenium: 4.98µg (7.11%), Vitamin B1: 0.1mg (6.69%), Vitamin A: 288.02IU (5.76%), Vitamin B5: 0.46mg (4.64%), Vitamin B12: 0.12µg (1.93%), Vitamin K: 1.92µg (1.83%)