



Coconut-Fudge Bars

READY IN



150 min.

SERVINGS



30

CALORIES



260 kcal

DESSERT

Ingredients

- 1 cup butter divided
- 5 oz evaporated milk canned
- 1 cup baker's angel flake coconut toasted
- 2.5 cups graham crackers crushed finely
- 6 cups marshmallows jet-puffed miniature (10-)
- 12 oz baker's semi-sweet chocolate
- 1 cup sugar
- 1 cup planters walnuts chopped

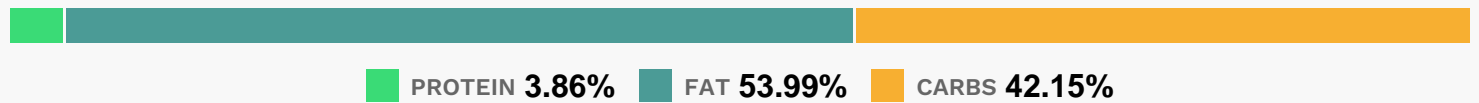
Equipment

- frying pan
- sauce pan
- aluminum foil

Directions

- Line 13x9-inch pan with foil, with ends of foil extending over sides. Spray with cooking spray. Melt 3/4 cup butter; mix with crumbs. Press onto bottom of pan.
- Bring remaining butter, sugar, milk and marshmallows to boil in large saucepan on medium heat, stirring constantly. Cook and stir 5 min.
- Add chocolate; cook until melted, stirring frequently.
- Pour over crust.
- Top with nuts and coconut. Refrigerate 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:9.15, Glycemic Load:13.66, Inflammation Score:-3, Nutrition Score:4.216086887714%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 259.76kcal (12.99%), Fat: 16g (24.62%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 26.22g (9.53%), Sugar: 19.09g (21.21%), Cholesterol: 18.32mg (6.11%), Sodium: 113.41mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 2.57g (5.14%), Manganese: 0.36mg (18.13%), Copper: 0.24mg (11.96%), Magnesium: 34.58mg (8.65%), Phosphorus: 76.17mg (7.62%), Fiber: 1.9g (7.58%), Iron: 1.27mg (7.06%), Zinc: 0.67mg (4.48%), Vitamin A: 206.83IU (4.14%), Potassium: 126.92mg (3.63%), Calcium: 32.03mg (3.2%), Vitamin B2: 0.05mg (3.01%), Selenium: 2.06µg (2.95%), Vitamin B1: 0.04mg (2.56%), Vitamin B3: 0.46mg (2.3%), Vitamin B6: 0.04mg (2.18%), Folate: 8.23µg (2.06%), Vitamin E: 0.29mg (1.93%), Vitamin K: 1.49µg (1.42%), Vitamin B5: 0.12mg (1.18%)