



## Crescent Layer Bars

 Gluten Free

READY IN



140 min.

SERVINGS



36

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup cashew pieces
- 1 cup vanilla extract white
- 1 cup semi chocolate chips
- 1 cup slivered almonds
- 14 ounce condensed milk sweetened canned (not evaporated)

### Equipment

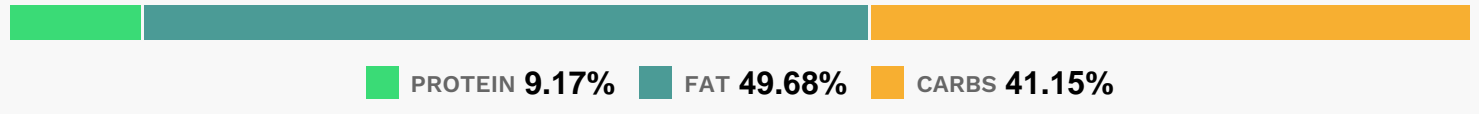
- frying pan
- oven

knife

## Directions

- Heat oven to 375 degrees F (350 degrees F for dark pans). Grease bottom and sides of 13x9-inch pan.
- If using crescent rolls: Unroll dough into 2 long rectangles. If using dough sheet: Unroll dough.
- Place in pan; press over bottom and 1/2 inch up sides to form crust.
- Bake 5 minutes.
- Remove partially baked crust from oven.
- Sprinkle vanilla chips, chocolate chips, almonds and cashews evenly over crust.
- Pour condensed milk evenly over top.
- Return to oven; bake 20 to 25 minutes longer or until golden brown. Cool 10 minutes. Run knife around sides of pan. Cool 1 hour. Refrigerate about 30 minutes or until chocolate is set. For bars, cut into 9 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:2.67, Glycemic Load:3.93, Inflammation Score:-2, Nutrition Score:3.4613043575183%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 118.17kcal (5.91%), Fat: 5.95g (9.15%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.19g (3.7%), Sugar: 8.91g (9.9%), Cholesterol: 4.05mg (1.35%), Sodium: 15.48mg (0.67%), Alcohol: 1.99g (100%), Alcohol %: 8.87% (100%), Caffeine: 4.3mg (1.43%), Protein: 2.47g (4.94%), Manganese: 0.21mg (10.4%), Copper: 0.18mg (8.89%), Magnesium: 30.92mg (7.73%), Phosphorus: 76.92mg (7.69%), Vitamin E: 0.85mg (5.65%),

Vitamin B2: 0.09mg (5.3%), Calcium: 44.44mg (4.44%), Selenium: 2.89µg (4.13%), Iron: 0.69mg (3.86%), Zinc: 0.54mg (3.62%), Fiber: 0.89g (3.57%), Potassium: 123.44mg (3.53%), Vitamin B1: 0.03mg (2.23%), Vitamin K: 1.65µg (1.57%), Vitamin B5: 0.14mg (1.45%), Vitamin B6: 0.03mg (1.39%), Vitamin B3: 0.24mg (1.18%)