

Dream Bars II

 Vegetarian

READY IN



55 min.

SERVINGS



15

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 1.5 cups brown sugar
- 0.5 cup butter
- 1.5 cups coconut or flaked
- 3 eggs beaten
- 0.3 cup flour all-purpose
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

1 cup walnuts chopped

Equipment

bowl

frying pan

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, cream together the butter and 1/2 cup brown sugar until smooth. Stir in the 1 1/2 cups of flour. Press the mixture firmly into the bottom of a 9x13 inch pan.

Bake the crust for 15 minutes in the preheated oven, until golden.

In a medium bowl, mix together the eggs and 1 1/2 cups brown sugar. Stir in the vanilla.

Combine the 1/4 cup flour, cocoa (if desired), baking powder and salt; stir into the egg mixture. Fold in the coconut and walnuts.

Pour into the pre-baked crust.

Bake for 25 to 30 minutes in the preheated oven, until firm. Cool and cut into squares.

Nutrition Facts



PROTEIN 4.61% **FAT 57.17%** **CARBS 38.22%**

Properties

Glycemic Index:15.8, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:5.04130432528%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 266.04kcal (13.3%), Fat: 17.56g (27.02%), Saturated Fat: 9.51g (59.44%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 24.46g (8.9%), Sugar: 22.24g (24.72%), Cholesterol: 49mg (16.33%), Sodium: 137.7mg (5.99%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 3.19g (6.37%), Manganese: 0.53mg (26.56%), Copper: 0.21mg (10.58%), Selenium: 5.7µg (8.15%), Fiber: 1.96g (7.86%), Phosphorus: 72.73mg (7.27%), Magnesium: 23.72mg (5.93%), Iron: 0.95mg (5.26%), Calcium: 50.89mg (5.09%), Vitamin A: 238.17IU (4.76%), Vitamin B6: 0.09mg

(4.63%), Vitamin B2: 0.07mg (4.33%), Folate: 16.8µg (4.2%), Zinc: 0.55mg (3.69%), Potassium: 126.46mg (3.61%),
Vitamin B1: 0.05mg (3.47%), Vitamin B5: 0.29mg (2.94%), Vitamin E: 0.36mg (2.41%), Vitamin B12: 0.09µg (1.52%),
Vitamin B3: 0.3mg (1.48%), Vitamin D: 0.18µg (1.17%)