

Dream Bars II

 Vegetarian

READY IN



55 min.

SERVINGS



15

CALORIES



269 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
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 1 cup walnuts chopped

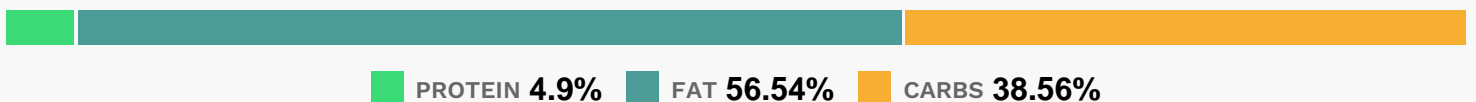
Equipment

- 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



Properties

Glycemic Index:15.8, Glycemic Load:1.33, Inflammation Score:-3, Nutrition Score:5.6499999437643%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 269.31kcal (13.47%), Fat: 17.76g (27.32%), Saturated Fat: 9.63g (60.16%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 24.76g (9%), Sugar: 22.27g (24.74%), Cholesterol: 49mg (16.33%), Sodium: 138mg (6%),

Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Caffeine: 3.3mg (1.1%), Protein: 3.47g (6.93%), Manganese: 0.59mg (29.31%), Copper: 0.27mg (13.3%), Fiber: 2.5g (9.98%), Selenium: 5.91µg (8.44%), Phosphorus: 83.25mg (8.32%), Magnesium: 30.88mg (7.72%), Iron: 1.15mg (6.37%), Calcium: 52.73mg (5.27%), Vitamin A: 238.17IU (4.76%), Vitamin B6: 0.09mg (4.71%), Vitamin B2: 0.08mg (4.53%), Zinc: 0.65mg (4.34%), Folate: 17.26µg (4.32%), Potassium: 148.24mg (4.24%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.3mg (2.98%), Vitamin E: 0.36mg (2.42%), Vitamin B3: 0.33mg (1.64%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.18µg (1.17%)