



Dulce de Leche Cheerios® Bars

READY IN



85 min.

SERVINGS



20

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups graham cracker crumbs
- 0.5 cup pecans finely chopped
- 0.5 cup butter melted
- 1.5 cups dulce de leche
- 1 cup pretzels crushed
- 6 oz peppermint candies white
- 6 oz milk chocolate chips
- 1 cup coconut or
- 14 oz condensed milk sweetened canned (not evaporated)

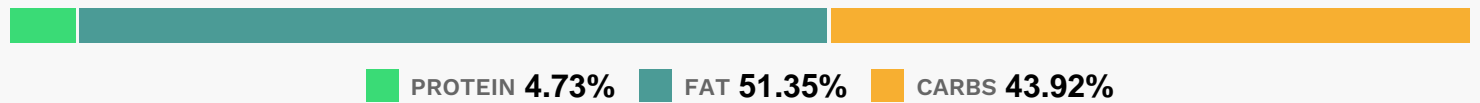
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F. In medium bowl, mix cracker crumbs, pecans and melted butter. Press in bottom of ungreased 13x9-inch pan.
- Sprinkle cereal and pretzels over crust.
- Layer vanilla chips, chocolate chips and coconut over pretzels.
- Pour condensed milk evenly over top.
- Bake 25 minutes or until lightly browned. Cool completely, about 45 minutes. For bars, cut into 5 rows by 4 rows. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:12.57, Inflammation Score:-2, Nutrition Score:3.6969565360442%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 268.16kcal (13.41%), Fat: 15.75g (24.23%), Saturated Fat: 9.52g (59.47%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 29.34g (10.67%), Sugar: 22.38g (24.87%), Cholesterol: 18.95mg (6.32%), Sodium: 158.88mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Manganese: 0.22mg (11.06%), Calcium: 85.08mg (8.51%), Phosphorus: 81.48mg (8.15%), Vitamin B2: 0.12mg (6.9%), Selenium: 3.68µg (5.25%), Vitamin B1:

0.07mg (4.67%), Potassium: 144.77mg (4.14%), Vitamin A: 196.33IU (3.93%), Fiber: 0.97g (3.89%), Magnesium: 14.73mg (3.68%), Iron: 0.65mg (3.6%), Folate: 14.13µg (3.53%), Zinc: 0.52mg (3.49%), Copper: 0.06mg (3.06%), Vitamin B3: 0.55mg (2.73%), Vitamin B5: 0.2mg (2.04%), Vitamin B12: 0.1µg (1.62%), Vitamin E: 0.23mg (1.53%), Vitamin B6: 0.03mg (1.37%)