



Dulce de Leche Cheerios® Bars

READY IN



85 min.

SERVINGS



20

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

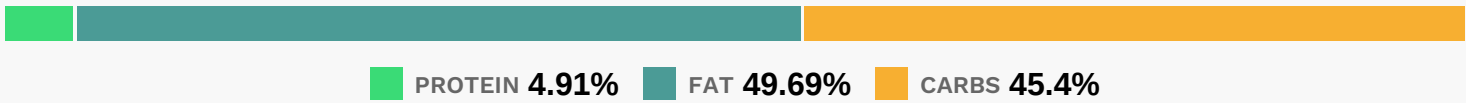
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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:3.7730434459189%

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: 246.47kcal (12.32%), Fat: 12.81g (19.71%), Saturated Fat: 7g (43.73%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 25.37g (9.23%), Sugar: 18.63g (20.7%), Cholesterol: 18.95mg (6.32%), Sodium: 154.38mg (6.71%), Alcohol: 2.93g (100%), Alcohol %: 4.85% (100%), Protein: 2.85g (5.69%), Manganese: 0.24mg (12.03%), Phosphorus: 81.99mg (8.2%), Vitamin B2: 0.13mg (7.37%), Calcium: 73.26mg (7.33%), Selenium: 3.68µg (5.25%), Vitamin B1:

0.07mg (4.74%), Potassium: 157.36mg (4.5%), Magnesium: 15.75mg (3.94%), Vitamin A: 196.33IU (3.93%), Fiber: 0.97g (3.89%), Iron: 0.66mg (3.66%), Zinc: 0.53mg (3.55%), Folate: 14.13µg (3.53%), Copper: 0.07mg (3.37%), Vitamin B3: 0.58mg (2.91%), Vitamin B5: 0.21mg (2.07%), Vitamin B12: 0.1µg (1.62%), Vitamin E: 0.23mg (1.53%), Vitamin B6: 0.03mg (1.48%)