



Easy Layer Bar Cookies

READY IN

ready

50 min.

SERVINGS

servings

15

CALORIES

calories

441 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 1.5 cups butterscotch chips
- ☐ 1.5 cups coconut or flaked
- ☐ 1 cup graham cracker crumbs
- ☐ 1.5 cups semi chocolate chips
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 cup walnuts chopped

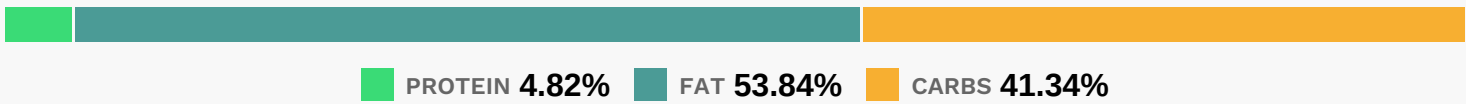
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt the butter or margarine in a 9x13 inch baking pan.
- ☐ Sprinkle the graham cracker crumbs evenly over the butter.
- ☐ Sprinkle on the chocolate chips and butterscotch chips. Cover with the flaked coconut.
- ☐ Sprinkle the walnuts on top of the coconut layer. Finally, pour the condensed milk over everything as evenly as you can.
- ☐ Bake for 30 to 35 minutes in the preheated oven. Cool, and cut into bars.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:11.91, Inflammation Score:-5, Nutrition Score:8.6513044251048%

Flavonoids

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

Nutrients (% of daily need)

Calories: 440.89kcal (22.04%), Fat: 26.98g (41.51%), Saturated Fat: 12.46g (77.88%), Carbohydrates: 46.61g (15.54%), Net Carbohydrates: 43.07g (15.66%), Sugar: 36.8g (40.89%), Cholesterol: 11.61mg (3.87%), Sodium: 213.43mg (9.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.48mg (5.16%), Protein: 5.43g (10.86%), Manganese: 0.74mg (36.99%), Copper: 0.42mg (21.11%), Phosphorus: 171.46mg (17.15%), Magnesium: 62.06mg (15.52%), Fiber: 3.54g (14.15%), Iron: 1.93mg (10.72%), Selenium: 7.48µg (10.69%), Calcium: 103.53mg (10.35%), Vitamin B2: 0.16mg (9.3%), Zinc: 1.26mg (8.41%), Potassium: 294.38mg (8.41%), Vitamin A: 368.87IU (7.38%), Vitamin B1: 0.08mg (5.12%), Vitamin B6: 0.09mg (4.66%), Vitamin B5: 0.37mg (3.72%), Folate: 13.97µg (3.49%), Vitamin E: 0.49mg (3.27%), Vitamin B3: 0.56mg (2.79%), Vitamin B12: 0.16µg (2.61%), Vitamin K: 1.74µg (1.66%), Vitamin C: 0.93mg (1.13%)