

Easy Soda Cracker Bars

READY IN



45 min.

SERVINGS



24

CALORIES



166 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup coconut or flaked
- ☐ 1 cup saltines crushed
- ☐ 1 cup semi chocolate chips
- ☐ 14 ounce condensed milk sweetened canned

Equipment

- ☐ oven
- ☐ cake form

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Melt the margarine and add soda crackers; spread in a 13 x 9 inch cake pan.
- ☐ Sprinkle coconut, chocolate chips and nuts evenly over soda cracker mixture.
- ☐ Pour milk over nuts and bake for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:5.49, Inflammation Score:-2, Nutrition Score:3.509565240663%

Nutrients (% of daily need)

Calories: 165.98kcal (8.3%), Fat: 10.68g (16.44%), Saturated Fat: 7.07g (44.16%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 14.67g (5.33%), Sugar: 12.05g (13.39%), Cholesterol: 16.24mg (5.41%), Sodium: 80.92mg (3.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.33g (4.65%), Manganese: 0.22mg (11.1%), Phosphorus: 72.75mg (7.27%), Copper: 0.13mg (6.42%), Selenium: 4.08µg (5.83%), Calcium: 54.23mg (5.42%), Vitamin B2: 0.09mg (5.4%), Magnesium: 21.45mg (5.36%), Fiber: 1.26g (5.04%), Iron: 0.79mg (4.37%), Potassium: 128.68mg (3.68%), Vitamin A: 166.12IU (3.32%), Zinc: 0.45mg (3%), Vitamin B1: 0.04mg (2.67%), Vitamin B5: 0.19mg (1.94%), Vitamin K: 1.72µg (1.64%), Vitamin B12: 0.1µg (1.62%), Folate: 6.19µg (1.55%), Vitamin B3: 0.31mg (1.54%), Vitamin E: 0.23mg (1.53%), Vitamin B6: 0.02mg (1.21%)