

# Basic Seven-Layer Bars

 Vegetarian

READY IN



85 min.

SERVINGS



24

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 ounces graham crackers whole
- 1 cup almonds such as pecans or almonds coarsely chopped
- 14 ounce condensed milk sweetened canned
- 4 ounces coconut shredded sweetened
- 8 tablespoons butter unsalted cut into 4 pieces (1 stick)

## Equipment

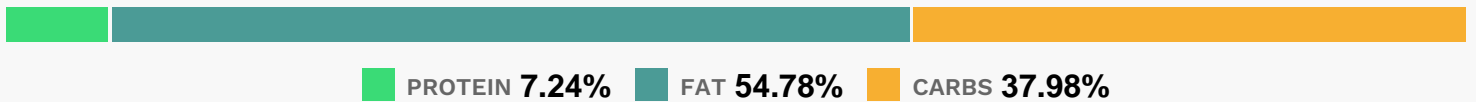
- food processor
- oven

- wire rack
- baking pan
- ziploc bags
- rolling pin

## Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Place the graham crackers in a resealable plastic bag, press out the air, and seal, leaving about 1 inch unsealed. Using a rolling pin, roll over the crackers until they are fine, uniform crumbs (you should have about 1 cup of crumbs). Alternatively, you can place the crackers in a food processor fitted with a blade attachment and process for about 1 minute.
- Place the butter in a 13-by-9-inch baking dish and place in the oven until the butter has melted, about 10 minutes.
- Remove the dish from the oven and tilt it so the butter evenly coats the bottom.
- Sprinkle the graham cracker crumbs evenly over the butter, then sprinkle the coconut over the crumbs.
- Sprinkle the chocolate, peanut butter, white chocolate, or butterscotch chips over the coconut, then sprinkle the nuts over the chips. Evenly drizzle the condensed milk over all of the layers.
- Bake until golden brown around the edges and springy to the touch, about 20 to 30 minutes.
- Remove to a wire rack and cool completely.
- Cut into 24 squares and serve.

## Nutrition Facts



## Properties

Glycemic Index:6.04, Glycemic Load:8.09, Inflammation Score:-2, Nutrition Score:4.1286956084811%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg,

Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg  
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin:  
0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin:  
0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:  
0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 164.75kcal (8.24%), Fat: 10.35g (15.92%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 16.14g (5.38%),  
Net Carbohydrates: 15.02g (5.46%), Sugar: 12.38g (13.76%), Cholesterol: 15.66mg (5.22%), Sodium: 65.09mg  
(2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Manganese: 0.25mg (12.71%), Vitamin E:  
1.68mg (11.19%), Vitamin B2: 0.15mg (8.86%), Phosphorus: 86.22mg (8.62%), Calcium: 68.56mg (6.86%),  
Magnesium: 25.63mg (6.41%), Selenium: 3.53µg (5.04%), Fiber: 1.12g (4.47%), Copper: 0.08mg (4.04%), Potassium:  
130.43mg (3.73%), Zinc: 0.52mg (3.49%), Vitamin A: 160.83IU (3.22%), Iron: 0.54mg (3%), Vitamin B1: 0.04mg  
(2.64%), Vitamin B3: 0.45mg (2.27%), Vitamin B5: 0.19mg (1.91%), Folate: 7.13µg (1.78%), Vitamin B6: 0.03mg (1.71%),  
Vitamin B12: 0.08µg (1.34%)