



Five-Layer Bars

READY IN



40 min.

SERVINGS



36

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butterscotch chips
- ☐ 1 cup coconut or shredded
- ☐ 1.5 cups graham cracker crumbs
- ☐ 0.5 cup pecans chopped
- ☐ 1 stick butter salted melted
- ☐ 1 cup semi chocolate chips
- ☐ 14 ounce condensed milk sweetened canned

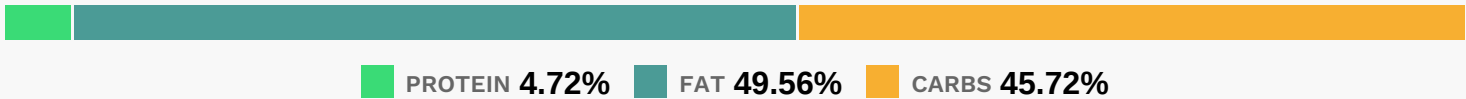
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 35
- ☐ Combine the graham cracker crumbs and melted butter in a bowl. Press into the bottom of a 9-by-13-inch baking dish.
- ☐ Sprinkle pecans, chips and coconut on top.
- ☐ Pour the sweetened condensed milk over the mixture and bake for 30 minutes. Cool completely and cut into bars.
- ☐ Photographs by Miki Duisterhof

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:5.57, Inflammation Score:-1, Nutrition Score:2.4965217476306%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 138.48kcal (6.92%), Fat: 7.76g (11.94%), Saturated Fat: 4.23g (26.41%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.24g (5.54%), Sugar: 12.64g (14.04%), Cholesterol: 11.22mg (3.74%), Sodium: 76.66mg (3.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.66g (3.33%), Manganese: 0.17mg (8.42%), Phosphorus: 55.47mg (5.55%), Copper: 0.09mg (4.65%), Magnesium: 16.34mg (4.08%), Calcium: 39.49mg (3.95%), Vitamin B2: 0.06mg (3.59%), Fiber: 0.86g (3.46%), Selenium: 2.39µg (3.42%), Iron: 0.57mg (3.19%), Zinc: 0.4mg (2.69%), Potassium: 90.46mg (2.58%), Vitamin A: 115.95IU (2.32%), Vitamin B1: 0.03mg (2.11%), Vitamin B5: 0.12mg (1.21%), Vitamin B3: 0.23mg (1.14%), Vitamin B12: 0.06µg (1.05%)