

Five-Layer Bars

READY IN



45 min.

SERVINGS



24

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 graham crackers crushed
- ☐ 2 cups pecans lightly toasted coarsely chopped
- ☐ 2 cups bittersweet chocolate
- ☐ 1 cup coconut sweetened flaked
- ☐ 1.3 cups condensed milk sweetened (one 14-ounce can)
- ☐ 0.3 pound butter unsalted melted

Equipment

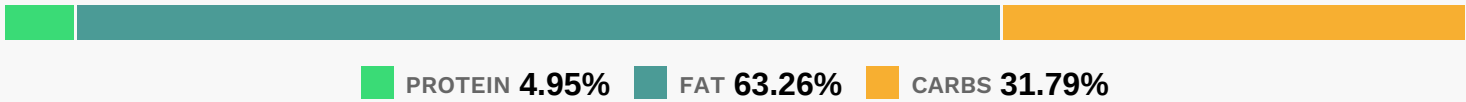
- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ • Preheat the oven to 350°F. Lightly butter a 9 x 13-inch pan and line with parchment paper, allowing enough overhang on the long side to lift the bars from the pan.
- ☐ Place the butter and graham crackers in a bowl and combine well.
- ☐ Transfer the mixture to the prepared pan and pat into an even layer to form the crust.
- ☐ Sprinkle the coconut evenly over the crust.
- ☐ Sprinkle the chocolate chips over the coconut.
- ☐ Pour the condensed milk evenly over the chocolate chips.
- ☐ Sprinkle the pecans evenly over the condensed milk layer. Press the layers down lightly.
- ☐ Transfer to the oven and bake until lightly browned, about 30 minutes.
- ☐ • Set aside to cool completely and cut into 24 pieces.
- ☐ Reprinted with permission from Cookies for Kids Cancer: Best
- ☐ Bake Sale Cookbook by Gretchen Holt-Witte, (C) 2011 Wiley

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:5.95, Inflammation Score:-3, Nutrition Score:5.8569565052572%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 247.58kcal (12.38%), Fat: 17.85g (27.47%), Saturated Fat: 7.98g (49.86%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 17.84g (6.49%), Sugar: 15.93g (17.7%), Cholesterol: 16.45mg (5.48%), Sodium: 40mg (1.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.54mg (4.18%), Protein: 3.14g (6.28%), Manganese: 0.6mg (29.98%), Copper: 0.29mg (14.75%), Phosphorus: 108.12mg (10.81%), Magnesium: 42.38mg (10.6%), Fiber: 2.35g (9.4%), Iron: 1.26mg (7.02%), Selenium: 4.51µg (6.45%), Zinc: 0.96mg (6.41%), Calcium: 62.52mg (6.25%), Potassium: 191.63mg (5.48%), Vitamin B2: 0.09mg (5.24%), Vitamin B1: 0.08mg (5.13%), Vitamin A: 172.54IU (3.45%), Vitamin B5: 0.24mg (2.45%), Vitamin E: 0.34mg (2.24%), Vitamin B12: 0.1µg (1.74%), Vitamin K: 1.77µg (1.68%), Vitamin B6: 0.03mg (1.64%), Vitamin B3: 0.32mg (1.61%), Folate: 4.35µg (1.09%)