



Gluten-Free Chocolate Chip Cookie Layer Bars

READY IN



175 min.

SERVINGS



36

CALORIES



100 kcal

Ingredients

- 1 container chocolate chip cookie mix gluten free refrigerated
- 1 cup coconut flakes flaked
- 12 oz vanilla extract white (2 cups)
- 14 oz condensed milk sweetened canned (not evaporated)
- 1 cup walnut pieces chopped

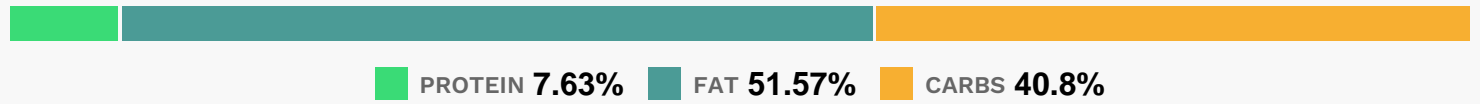
Equipment

- frying pan
- oven

Directions

- Heat oven to 350F. Spoon cookie dough in greased or sprayed 13x9-inch pan; press evenly in bottom of pan.
- Bake 15 minutes.
- Drizzle condensed milk evenly over partially baked crust.
- Sprinkle with remaining ingredients.
- Bake 25 to 30 minutes longer or until golden brown. Cool completely, about 2 hours. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:3.71, Inflammation Score:-1, Nutrition Score:2.0817391289317%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 99.58kcal (4.98%), Fat: 4.61g (7.1%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 7.61g (2.77%), Sugar: 7.46g (8.29%), Cholesterol: 3.75mg (1.25%), Sodium: 15.89mg (0.69%), Alcohol: 3.25g (100%), Alcohol %: 15.78% (100%), Protein: 1.54g (3.07%), Manganese: 0.2mg (9.91%), Phosphorus: 44.58mg (4.46%), Copper: 0.08mg (3.95%), Vitamin B2: 0.06mg (3.65%), Calcium: 36.15mg (3.61%), Selenium: 2.23µg (3.18%), Magnesium: 11.27mg (2.82%), Fiber: 0.6g (2.41%), Potassium: 82.09mg (2.35%), Zinc: 0.26mg (1.75%), Vitamin B6: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.57%), Vitamin B5: 0.12mg (1.23%), Folate: 4.63µg (1.16%), Iron: 0.21mg (1.14%)