



Gluten-Free Holiday Layer Bars

READY IN



115 min.

SERVINGS



36

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 19 oz chocolate chip cookie mix gluten free
- 0.5 cup butter softened
- 1 eggs
- 6 oz peppermint candies white
- 1.3 cups coconut flakes flaked
- 0.5 cup candied cherries green red chopped
- 0.8 cup cashew pieces chopped
- 14 oz condensed milk sweetened canned (not evaporated)

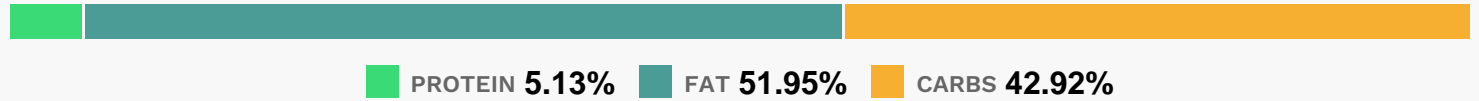
Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 350°F. Line bottom of 13x9-inch pan with foil; spray with cooking spray. In large bowl, stir cookie mix, butter and egg until soft dough forms. Press dough in bottom of pan.
- Bake 10 minutes.
- Sprinkle baking chips, coconut, cherries and cashews evenly over partially baked crust.
- Pour condensed milk evenly over mixture.
- Bake 25 to 35 minutes longer or until light golden brown, covering edges with strips of foil if necessary to prevent excessive browning. Cool completely, about 1 hour. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:8.57, Inflammation Score:-1, Nutrition Score:2.8865217398042%

Nutrients (% of daily need)

Calories: 202.32kcal (10.12%), Fat: 11.96g (18.4%), Saturated Fat: 7g (43.74%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 21.22g (7.72%), Sugar: 15.01g (16.68%), Cholesterol: 16.27mg (5.42%), Sodium: 94.07mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Manganese: 0.13mg (6.32%), Phosphorus: 60.42mg (6.04%), Vitamin B2: 0.08mg (4.94%), Vitamin B1: 0.07mg (4.87%), Magnesium: 18.52mg (4.63%), Selenium: 3.12µg (4.46%), Copper: 0.09mg (4.25%), Calcium: 41.6mg (4.16%), Fiber: 1.01g (4.04%), Folate: 12.84µg (3.21%), Potassium: 104.34mg (2.98%), Iron: 0.5mg (2.78%), Zinc: 0.41mg (2.74%), Vitamin A: 114.82IU (2.3%), Vitamin B3: 0.37mg (1.85%), Vitamin B5: 0.15mg (1.52%), Vitamin B6: 0.03mg (1.39%), Vitamin K: 1.22µg (1.16%), Vitamin B12: 0.06µg (1.08%)