

## Goopy Chip Bars

READY IN



35 min.

SERVINGS



18

CALORIES



186 kcal

SIDE DISH

### Ingredients

- 2 cups graham cracker crumbs
- 0.5 cup walnut pieces chopped
- 6 ounces semi chocolate chips divided
- 14 ounces condensed milk sweetened canned

### Equipment

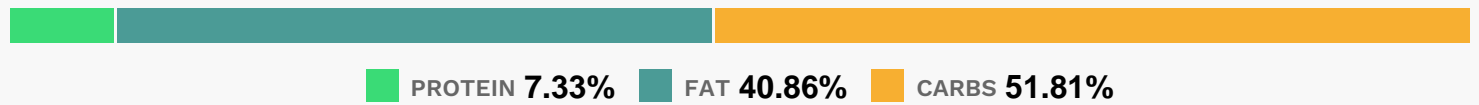
- bowl
- oven
- wire rack

baking pan

## Directions

- In a large bowl, combine cracker crumbs and milk. Stir in 1/2 cup chocolate chips and nuts if desired (batter will be very thick).
- Pat onto the bottom of a well-greased 8-in. square baking pan.
- Sprinkle with remaining chocolate chips.
- Bake at 350° for 20–25 minutes or until golden brown. Cool on a wire rack; cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:8.61, Glycemic Load:12.39, Inflammation Score:-2, Nutrition Score:4.3895651892475%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 186.32kcal (9.32%), Fat: 8.59g (13.22%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 23.21g (8.44%), Sugar: 17.7g (19.66%), Cholesterol: 8.06mg (2.69%), Sodium: 90.52mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.47g (6.94%), Manganese: 0.24mg (11.87%), Phosphorus: 110.45mg (11.05%), Copper: 0.18mg (8.79%), Magnesium: 33.01mg (8.25%), Calcium: 79.04mg (7.9%), Vitamin B2: 0.12mg (7.27%), Iron: 1.12mg (6.22%), Selenium: 4.22µg (6.02%), Fiber: 1.29g (5.16%), Zinc: 0.74mg (4.93%), Potassium: 166.24mg (4.75%), Vitamin B1: 0.06mg (3.68%), Vitamin B3: 0.51mg (2.57%), Folate: 9.9µg (2.48%), Vitamin B5: 0.21mg (2.12%), Vitamin B6: 0.04mg (2.06%), Vitamin B12: 0.11µg (1.9%), Vitamin A: 64.25IU (1.28%)