



Graham Cracker Bars

READY IN



17 min.

SERVINGS



8

CALORIES



551 kcal

SIDE DISH

Ingredients

- ☐ 2 cups coconut or flaked
- ☐ 6.2 ounce bars milk chocolate candy
- ☐ 2 cups graham cracker crumbs
- ☐ 0.3 cup butter melted
- ☐ 14 ounce condensed milk sweetened canned

Equipment

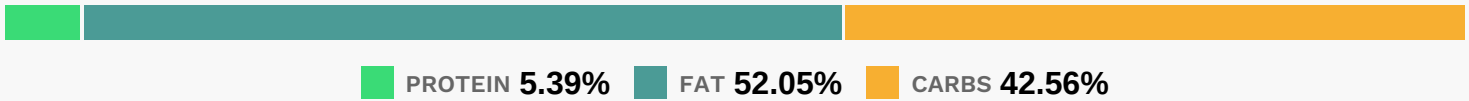
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ double boiler
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Grease an 8x8 inch baking dish.
- ☐ In a medium bowl, stir together the graham cracker crumbs and coconut.
- ☐ Pour in the condensed milk and melted margarine, mix until well blended. Press the mixture evenly into the prepared pan.
- ☐ Bake for 10 to 12 minutes in the preheated oven.
- ☐ Remove and let cool. Melt chocolate bars in a microwave or over a double boiler, stirring occasionally until smooth.
- ☐ Spread over the cooled bars, chill and cut into squares.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:32.91, Inflammation Score:-5, Nutrition Score:10.886521912139%

Nutrients (% of daily need)

Calories: 550.94kcal (27.55%), Fat: 33.35g (51.31%), Saturated Fat: 20.81g (130.04%), Carbohydrates: 61.35g (20.45%), Net Carbohydrates: 55.96g (20.35%), Sugar: 44.69g (49.66%), Cholesterol: 16.87mg (5.62%), Sodium: 279.67mg (12.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.5mg (4.83%), Protein: 7.77g (15.55%), Manganese: 0.69mg (34.74%), Phosphorus: 245.64mg (24.56%), Fiber: 5.39g (21.54%), Vitamin B2: 0.33mg (19.61%), Magnesium: 69.45mg (17.36%), Calcium: 170.41mg (17.04%), Selenium: 11.89µg (16.98%), Copper: 0.31mg (15.45%), Iron: 2.27mg (12.63%), Potassium: 403.31mg (11.52%), Zinc: 1.63mg (10.87%), Vitamin A: 386.21IU (7.72%), Vitamin B1: 0.11mg (7.36%), Vitamin B6: 0.12mg (6.01%), Vitamin B3: 1.17mg (5.87%), Vitamin B5: 0.56mg (5.64%), Folate: 17.76µg (4.44%), Vitamin B12: 0.23µg (3.76%), Vitamin E: 0.45mg (3%), Vitamin C: 1.62mg (1.97%), Vitamin K: 1.75µg (1.66%)