

Hello Dollies II

READY IN



30 min.

SERVINGS



15

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 cup coconut or flaked
- ☐ 1 cup pecans chopped
- ☐ 1 cup semi chocolate chips
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 cups vanilla wafers crushed

Equipment

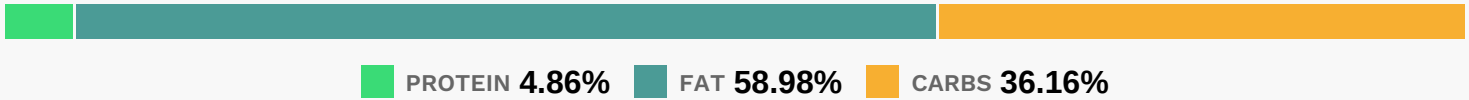
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking pan.
- ☐ In a small bowl, stir together the wafer crumbs and melted butter. Press into the bottom and a little bit up the sides of the prepared pan.
- ☐ Sprinkle on the chocolate chips, coconut and pecans so they are evenly distributed.
- ☐ Pour the condensed milk over everything.
- ☐ Bake for 20 to 30 minutes in the preheated oven, until the coconut is browned. Cool before cutting into bars. these are great frozen too.
- ☐ Cut into small squares – these are very rich!

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:16.91, Inflammation Score:-3, Nutrition Score:7.2682608871356%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 364.04kcal (18.2%), Fat: 24.48g (37.66%), Saturated Fat: 12.51g (78.21%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 30.97g (11.26%), Sugar: 24.14g (26.83%), Cholesterol: 26.13mg (8.71%), Sodium: 144.51mg (6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.32mg (3.44%), Protein: 4.53g (9.07%), Manganese: 0.64mg (32.16%), Copper: 0.29mg (14.3%), Phosphorus: 137.92mg (13.79%), Fiber: 2.79g (11.15%), Magnesium: 42.04mg (10.51%), Vitamin B2: 0.17mg (9.85%), Vitamin B1: 0.14mg (9.4%), Calcium: 90.96mg (9.1%), Selenium: 6.32µg (9.03%), Potassium: 240.9mg (6.88%), Zinc: 1.02mg (6.78%), Iron: 1.18mg (6.57%), Vitamin A: 269.81IU

(5.4%), Folate: 18.15µg (4.54%), Vitamin B5: 0.35mg (3.51%), Vitamin B3: 0.66mg (3.3%), Vitamin E: 0.42mg (2.77%),
Vitamin B12: 0.15µg (2.51%), Vitamin B6: 0.05mg (2.5%), Vitamin K: 1.82µg (1.74%), Vitamin C: 0.85mg (1.03%)