



Hello Dolly Bars

READY IN



45 min.

SERVINGS



36

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 6 ounce butterscotch morsels
- 7 ounce coconut or flaked canned
- 1 cup graham cracker crumbs
- 1 cup pecans chopped
- 6 ounce semi-sweet chocolate morsels
- 14 ounce condensed milk sweetened canned

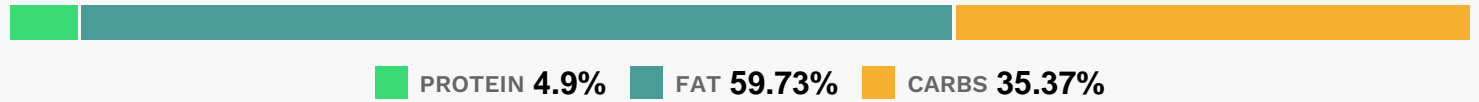
Equipment

- oven
- baking pan

Directions

- Melt butter in a 13- x 9- x 2- inch baking pan.
- Sprinkle cracker crumbs evenly over butter.
- Layer next 4 ingredients evenly over cracker crumbs in order listed. Spoon sweetened condensed milk over top of layers.
- Bake at 350 for 30 minutes. Cool and cut into 3- x 1- inch bars.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:6.83, Inflammation Score:-1, Nutrition Score:3.4947825760945%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 166.75kcal (8.34%), Fat: 11.38g (17.51%), Saturated Fat: 6.43g (40.16%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 13.51g (4.91%), Sugar: 11.96g (13.29%), Cholesterol: 4.03mg (1.34%), Sodium: 50.96mg (2.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 2.1g (4.2%), Manganese: 0.35mg (17.55%), Copper: 0.14mg (7.08%), Phosphorus: 66.46mg (6.65%), Fiber: 1.65g (6.59%), Magnesium: 21.47mg (5.37%), Selenium: 3.22µg (4.61%), Calcium: 41.72mg (4.17%), Vitamin B2: 0.07mg (3.96%), Iron: 0.68mg (3.77%), Zinc: 0.53mg (3.52%), Potassium: 117.85mg (3.37%), Vitamin B1: 0.04mg (2.73%), Vitamin A: 89.93IU (1.8%), Vitamin B5: 0.18mg (1.75%), Vitamin B6: 0.03mg (1.67%), Vitamin E: 0.19mg (1.29%), Vitamin B3: 0.22mg (1.11%), Vitamin B12: 0.06µg (1.06%)