



Hello Dolly Bars

READY IN



103 min.

SERVINGS



100

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cups graham cracker crumbs
- ☐ 1 cup pecans chopped
- ☐ 1 cup semisweet chocolate morsels
- ☐ 3 tablespoons sugar
- ☐ 0.7 cup coconut or sweetened flaked
- ☐ 14 oz condensed milk sweetened canned

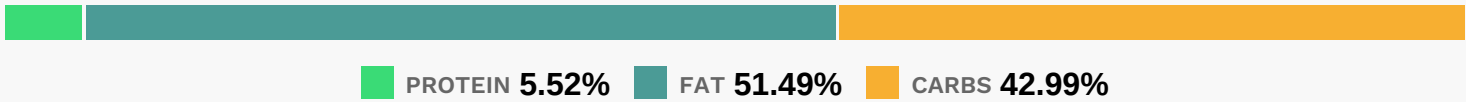
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a medium bowl. Press mixture onto bottom of a lightly greased 13- x 9-inch pan.
- ☐ Bake 8 minutes.
- ☐ Sprinkle pecans, chocolate morsels, and coconut over hot crust.
- ☐ Pour condensed milk over top. (Do not stir.)
- ☐ Bake at 350 for 20 to 25 minutes or until lightly browned and edges are bubbly.
- ☐ Let cool 1 hour on a wire rack.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:2.65, Glycemic Load:2.48, Inflammation Score:-1, Nutrition Score:1.0056521822901%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 47.21kcal (2.36%), Fat: 2.76g (4.25%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.82g (1.75%), Sugar: 3.82g (4.24%), Cholesterol: 3.08mg (1.03%), Sodium: 22.78mg (0.99%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Manganese: 0.08mg (3.93%), Phosphorus: 21.88mg (2.19%), Copper: 0.04mg (1.92%), Magnesium: 6.81mg (1.7%), Calcium: 14.73mg (1.47%), Fiber: 0.36g (1.45%), Vitamin B2: 0.02mg (1.37%), Iron: 0.23mg (1.26%), Selenium: 0.88µg (1.26%), Zinc: 0.17mg (1.14%), Vitamin B1: 0.02mg (1.02%)