



Hello Dolly Bars

READY IN



60 min.

SERVINGS



24

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup butterscotch morsels
- ☐ 1.5 cups graham cracker crumbs (9 cookie sheets)
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.7 cup coconut or sweetened flaked
- ☐ 15 ounce condensed milk fat-free sweetened canned
- ☐ 1 tablespoon water

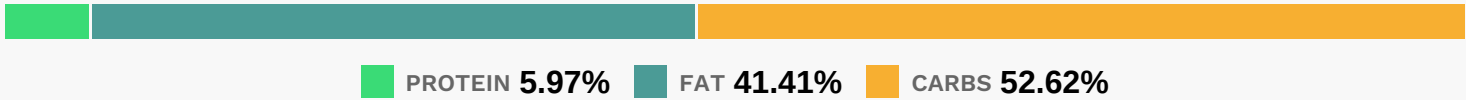
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Line the bottom and sides of a 9-inch square baking pan with parchment paper; cut off excess parchment paper around top edge of pan.
- ☐ Place crumbs in a medium bowl.
- ☐ Drizzle with butter and 1 tablespoon water; toss with a fork until moist. Gently pat mixture into an even layer in pan (do not press firmly).
- ☐ Sprinkle chips and morsels over crumb mixture. Top evenly with coconut and pecans.
- ☐ Drizzle milk evenly over top.
- ☐ Bake at 350 for 25 minutes or until lightly browned and bubbly around edges. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:10.62, Inflammation Score:-1, Nutrition Score:2.5804348089125%

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: 146.12kcal (7.31%), Fat: 6.82g (10.5%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 18.79g (6.83%), Sugar: 15.86g (17.62%), Cholesterol: 8.68mg (2.89%), Sodium: 75.83mg (3.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Phosphorus: 69.19mg (6.92%), Calcium: 58.98mg (5.9%), Vitamin B2: 0.09mg (5.49%), Manganese: 0.11mg (5.4%), Selenium: 3.33µg (4.76%), Magnesium: 14.95mg (3.74%), Potassium: 105.69mg (3.02%), Fiber: 0.72g (2.88%), Copper: 0.06mg (2.81%), Zinc: 0.41mg (2.73%), Iron: 0.48mg (2.65%), Vitamin B1: 0.04mg (2.49%), Vitamin B5: 0.16mg (1.62%), Vitamin A: 78.4IU (1.57%), Vitamin B12: 0.09µg (1.49%), Vitamin B3: 0.29mg (1.45%), Folate: 4.77µg (1.19%)