



## Hello Dolly Candy Slabs

 Dairy Free

READY IN



10 min.

SERVINGS



9

CALORIES



610 kcal

SIDE DISH

### Ingredients

- ☐ 0.7 cup coconut or flaked toasted
- ☐ 0.7 cup graham crackers chopped
- ☐ 0.7 cup pecans chopped
- ☐ 0.7 cup semisweet chocolate morsels miniature
- ☐ 24 oz chocolate morsels white

### Equipment

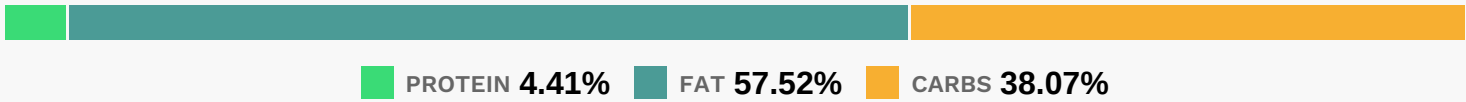
- ☐ bowl
- ☐ loaf pan

☐ microwave

Directions

- ☐ Line 3 (9" x 5") loaf pans with multipurpose sealing wrap (we tested with Press 'N Seal); set aside. (Use disposable loaf pans from the grocery store, if desired.)
- ☐ Combine miniature semisweet chocolate morsels, toasted flaked coconut, chopped pecans, and chopped graham crackers; set aside 1/2 cup of this mix for topping.
- ☐ Microwave white chocolate morsels in a large microwave-safe bowl at 70% power for 1 minute and 15 seconds. (Morsels will not look melted.) Stir morsels until melted. Microwave again at 15-second intervals, if necessary. Gently fold in combined ingredients.
- ☐ Quickly spread melted white chocolate mixture evenly in prepared pans; sprinkle reserved 1/2 cup topping mixture over candy in pans, pressing gently with fingertips.
- ☐ Let stand 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:17.11, Glycemic Load:34.85, Inflammation Score:-2, Nutrition Score:9.6643477574639%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 610.29kcal (30.51%), Fat: 39.92g (61.41%), Saturated Fat: 21.81g (136.31%), Carbohydrates: 59.44g (19.81%), Net Carbohydrates: 56.19g (20.43%), Sugar: 51.81g (57.57%), Cholesterol: 16.68mg (5.56%), Sodium: 115.64mg (5.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.47mg (3.82%), Protein: 6.89g (13.79%), Manganese: 0.72mg (35.94%), Phosphorus: 216.52mg (21.65%), Copper: 0.36mg (18.04%), Calcium: 171.26mg (17.13%), Vitamin B2: 0.25mg (14.85%), Magnesium: 51.91mg (12.98%), Fiber: 3.25g (12.98%), Potassium: 370.9mg (10.6%), Zinc: 1.53mg (10.23%), Iron: 1.71mg (9.52%), Selenium: 5.99µg (8.56%), Vitamin B1: 0.12mg (8.28%), Vitamin K: 8.14µg (7.75%), Vitamin B12: 0.45µg (7.46%), Vitamin E: 0.95mg (6.3%), Vitamin B5: 0.62mg (6.2%), Vitamin B3: 1.06mg

(5.3%), Vitamin B6: 0.09mg (4.47%), Folate: 10.7µg (2.68%)