



Homemade Candy Bars

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



468 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup almonds chopped
- 0.5 cup butter softened
- 16 ounce chocolate frosting prepared
- 2 cups coconut or flaked
- 3 eggs
- 1 cup flour all-purpose
- 14 ounce condensed milk sweetened canned
- 0.3 cup cocoa powder unsweetened

1 cup sugar white

Equipment

bowl

frying pan

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.

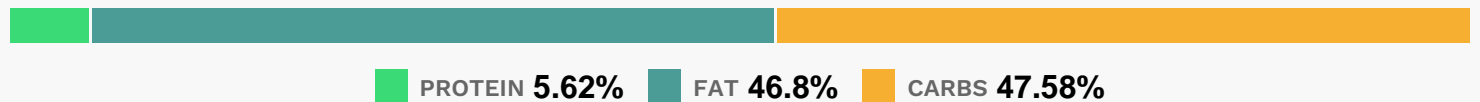
In a medium bowl, cream together the butter and white sugar. Beat in the eggs one at a time, then stir in the flour and cocoa powder. Press the dough evenly into the bottom of the prepared pan.

Bake for 15 to 20 minutes in the preheated oven, then remove from the oven and sprinkle the almonds and coconut over the crust.

Drizzle the sweetened condensed milk over the whole pan. Return to the oven.

Bake for 15 additional minutes in the preheated oven, or until golden. Allow to cool completely before frosting with the prepared frosting and cutting into squares.

Nutrition Facts



Properties

Glycemic Index:17.74, Glycemic Load:22.75, Inflammation Score:-4, Nutrition Score:9.6460870037908%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 468.36kcal (23.42%), Fat: 25.4g (39.08%), Saturated Fat: 14.14g (88.4%), Carbohydrates: 58.1g (19.37%), Net Carbohydrates: 54.43g (19.79%), Sugar: 46.34g (51.49%), Cholesterol: 58mg (19.33%), Sodium: 154.95mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.9mg (1.3%), Protein: 6.87g (13.74%), Manganese: 0.65mg (32.27%), Phosphorus: 183.51mg (18.35%), Selenium: 12.4µg (17.72%), Vitamin B2: 0.29mg (17%), Vitamin E: 2.47mg (16.44%), Copper: 0.29mg (14.69%), Fiber: 3.67g (14.68%), Magnesium: 50.78mg (12.7%), Calcium: 107.57mg (10.76%), Iron: 1.84mg (10.22%), Potassium: 310.49mg (8.87%), Vitamin B1: 0.12mg (7.87%), Zinc: 1.04mg (6.93%), Folate: 27.1µg (6.78%), Vitamin A: 307.62IU (6.15%), Vitamin B5: 0.51mg (5.11%), Vitamin B3: 0.92mg (4.61%), Vitamin B6: 0.08mg (3.91%), Vitamin B12: 0.21µg (3.46%), Vitamin D: 0.23µg (1.53%), Vitamin C: 0.86mg (1.04%)