



Irish Cream-Coffee Bars

READY IN



155 min.

SERVINGS



25

CALORIES



232 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons brown sugar packed
- 0.5 cup butter cold
- 25 cinnamon sticks (2 inch)
- 1 eggs
- 0.1 teaspoon ground cinnamon
- 1 teaspoon coffee instant
- 1 tablespoon baileys irish cream
- 2 tablespoons baileys irish cream
- 0.5 cup pecans chopped

- 1 pouch sugar cookie mix (1 lb 1.5 oz)
- 14 oz condensed milk sweetened canned (not evaporated)
- 1 teaspoon vanilla
- 1 cup whipping cream

Equipment

- bowl
- frying pan
- oven
- blender
- hand mixer

Directions

- Heat oven to 350F. Spray bottom and sides of 8-inch square pan with cooking spray. In large bowl, place cookie mix and pecans.
- Cut in butter, using pastry blender or fork, until mixture looks like coarse crumbs. With fork, stir in egg. Press half of cookie mixture in bottom of pan.
- Bake 15 to 18 minutes or until golden brown. Reserve remaining cookie mixture.
- Meanwhile, in small bowl, stir milk, 2 tablespoons liqueur and the coffee granules until well blended.
- Pour evenly over warm crust.
- Sprinkle reserved cookie mixture over top.
- Bake 25 to 30 minutes longer or until golden brown. Cool 30 minutes at room temperature. Refrigerate 1 hour to cool completely.
- Let stand 10 minutes before cutting into bars (5 rows by 5 rows). Store bars covered at room temperature.
- Just before serving, in small bowl, beat whipping cream, brown sugar, 1 tablespoon liqueur and the vanilla with electric mixer on high speed until soft peaks form. Top each bar with dollop of whipped cream; sprinkle with ground cinnamon. Insert cinnamon stick into each dollop of whipped cream.

Nutrition Facts

PROTEIN 4.89% FAT 44.02% CARBS 51.09%

Properties

Glycemic Index:5.24, Glycemic Load:5.33, Inflammation Score:-2, Nutrition Score:4.6273912761522%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 232.04kcal (11.6%), Fat: 11.59g (17.82%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 28.18g (10.25%), Sugar: 20.07g (22.3%), Cholesterol: 32.46mg (10.82%), Sodium: 111.89mg (4.86%), Alcohol: 0.3g (100%), Alcohol %: 0.62% (100%), Protein: 2.9g (5.79%), Manganese: 0.71mg (35.73%), Calcium: 91.41mg (9.14%), Fiber: 2.07g (8.29%), Vitamin A: 316.87IU (6.34%), Vitamin B2: 0.1mg (6.16%), Phosphorus: 58.74mg (5.87%), Selenium: 3.43µg (4.91%), Vitamin B1: 0.04mg (2.95%), Potassium: 99.1mg (2.83%), Iron: 0.5mg (2.79%), Magnesium: 10.12mg (2.53%), Zinc: 0.36mg (2.42%), Vitamin E: 0.35mg (2.32%), Copper: 0.04mg (2.18%), Vitamin B5: 0.21mg (2.09%), Vitamin B12: 0.11µg (1.81%), Vitamin K: 1.9µg (1.8%), Folate: 6.97µg (1.74%), Vitamin D: 0.22µg (1.46%), Vitamin B6: 0.03mg (1.27%), Vitamin B3: 0.21mg (1.04%)