



Layered Coconut-Chocolate Bars

READY IN



155 min.

SERVINGS



35

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup butter divided
- 8 oz philadelphia cream cheese softened
- 7 oz baker's angel flake coconut divided toasted (2-)
- 1.5 cups graham cracker crumbs
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup milk cold
- 8 oz baker's semi-sweet chocolate divided
- 0.7 cup planters walnuts toasted finely chopped

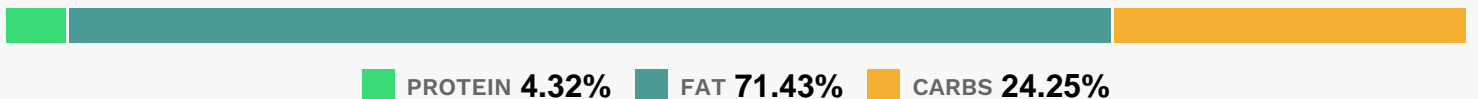
Equipment

- bowl
- frying pan
- blender
- aluminum foil
- microwave

Directions

- Line 13x9-inch pan with Reynolds Wrap Aluminum Foil, with ends of foil extending over sides; spray with cooking spray. Microwave 5 oz. chocolate and 1/2 cup butter in medium microwaveable bowl on HIGH 2 min. or until butter is melted; stir until chocolate is completely melted and mixture is well blended. Stir in graham crumbs, nuts and 1 cup coconut; press onto bottom of prepared pan.
- Refrigerate 15 min. Meanwhile, beat cream cheese in large bowl with mixer until creamy. Gradually add milk, beating well after each addition.
- Add dry pudding mix; beat 2 min. (
- Mixture will be stiff.) Stir in 1 cup of the remaining coconut; spread over chocolate layer in pan.
- Microwave remaining butter and chocolate in microwaveable bowl 1 min. or until butter is melted; stir until chocolate is completely melted and mixture is well blended.
- Pour over pudding layer; tilt pan to evenly cover pudding layer with chocolate mixture.
- Sprinkle with remaining coconut.
- Refrigerate 2 hours or until firm. Use foil handles to lift dessert from pan before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:5.97, Glycemic Load:2.13, Inflammation Score:-2, Nutrition Score:3.3482608853475%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

Nutrients (% of daily need)

Calories: 174.86kcal (8.74%), Fat: 14.25g (21.92%), Saturated Fat: 8.74g (54.63%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 9.15g (3.33%), Sugar: 6.28g (6.98%), Cholesterol: 17.81mg (5.94%), Sodium: 96.95mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.57mg (1.86%), Protein: 1.94g (3.88%), Manganese: 0.32mg (15.93%), Copper: 0.16mg (8.21%), Fiber: 1.73g (6.92%), Magnesium: 23.25mg (5.81%), Phosphorus: 55.19mg (5.52%), Iron: 0.82mg (4.56%), Vitamin A: 217.92IU (4.36%), Selenium: 2.4µg (3.43%), Zinc: 0.48mg (3.17%), Potassium: 99.23mg (2.84%), Vitamin B2: 0.04mg (2.5%), Calcium: 22.4mg (2.24%), Vitamin B6: 0.04mg (2.03%), Vitamin B1: 0.03mg (1.66%), Vitamin E: 0.25mg (1.66%), Vitamin B5: 0.13mg (1.33%), Vitamin B3: 0.26mg (1.31%), Folate: 5.08µg (1.27%)