



Luscious Layer Bars

READY IN



180 min.

SERVINGS



36

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 17.5 oz chocolate chip cookie mix
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 1 cup butterscotch chips
- ☐ 1 cup semi chocolate chips
- ☐ 1 cup coconut flakes flaked
- ☐ 1 cup walnut pieces chopped
- ☐ 14 oz condensed milk sweetened canned (not evaporated)

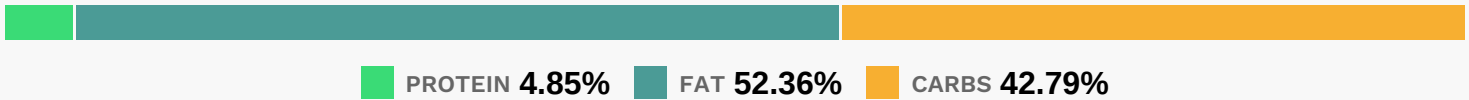
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray bottom of 13x9-inch pan with cooking spray.
- ☐ In large bowl, stir cookie mix, butter and egg until soft dough forms. Press dough in bottom of pan using floured fingers.
- ☐ Bake 15 minutes.
- ☐ Sprinkle with butterscotch chips, chocolate chips, coconut and walnuts.
- ☐ Drizzle evenly with condensed milk.
- ☐ Bake 30 to 35 minutes or until light golden brown. Cool completely, about 2 hours. For bars, cut into 9 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:8.06, Inflammation Score:-2, Nutrition Score:3.5508695529855%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 213.38kcal (10.67%), Fat: 12.65g (19.46%), Saturated Fat: 5.24g (32.76%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 21.87g (7.95%), Sugar: 16.36g (18.18%), Cholesterol: 10.12mg (3.37%), Sodium: 114.84mg (4.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 2.64g (5.28%), Manganese: 0.24mg (12.15%), Copper: 0.14mg (6.77%), Phosphorus: 66.95mg (6.69%), Magnesium: 23.72mg (5.93%), Fiber: 1.39g (5.55%), Vitamin B2: 0.09mg (5.17%), Vitamin B1: 0.07mg (4.72%), Selenium: 3.05µg (4.36%), Calcium: 40.03mg (4%), Iron: 0.7mg (3.87%), Folate: 14.45µg (3.61%), Potassium: 124.64mg (3.56%), Zinc: 0.47mg (3.15%), Vitamin A: 156.68IU (3.13%), Vitamin B3: 0.39mg (1.97%), Vitamin B6: 0.03mg (1.71%), Vitamin B5: 0.16mg (1.57%), Vitamin E: 0.2mg (1.3%), Vitamin B12: 0.07µg (1.19%)