



Magic Bars

READY IN



45 min.

SERVINGS



24

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 1.3 cup graham cracker crumbs
- 1.5 cups semi-sweet chocolate chips
- 14 oz condensed milk sweetened canned
- 1.5 cups walnuts chopped

Equipment

- oven
- baking pan

Directions

- Stir together butter and graham cracker crumbs; press into a 13"x9" baking dish.
- Pour milk over crumb mixture; sprinkle with chocolate chips and walnuts.
- Bake at 350 for 25 minutes or until edges are browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:8.54, Glycemic Load:8.11, Inflammation Score:-3, Nutrition Score:4.990000013424%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 217.93kcal (10.9%), Fat: 14.7g (22.61%), Saturated Fat: 6.27g (39.18%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 17.77g (6.46%), Sugar: 14.28g (15.86%), Cholesterol: 16.45mg (5.48%), Sodium: 83.4mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.41mg (3.14%), Protein: 3.46g (6.91%), Manganese: 0.4mg (19.78%), Copper: 0.26mg (12.83%), Phosphorus: 106.14mg (10.61%), Magnesium: 37.95mg (9.49%), Calcium: 65.73mg (6.57%), Iron: 1.13mg (6.27%), Fiber: 1.52g (6.09%), Vitamin B2: 0.1mg (5.76%), Selenium: 3.77µg (5.39%), Zinc: 0.77mg (5.11%), Potassium: 165.01mg (4.71%), Vitamin B1: 0.05mg (3.61%), Vitamin A: 169.27IU (3.39%), Folate: 11.27µg (2.82%), Vitamin B6: 0.06mg (2.81%), Vitamin B5: 0.2mg (2.04%), Vitamin B3: 0.39mg (1.93%), Vitamin E: 0.25mg (1.68%), Vitamin B12: 0.1µg (1.67%), Vitamin K: 1.42µg (1.35%)