

Magic Cookie Bars

READY IN

ready

120 min.

SERVINGS

servings

24

CALORIES

calories

146 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup butterscotch morsels
- ☐ 1.5 cups graham cracker crumbs 9 cookie sheets
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.7 cup coconut or sweetened flaked
- ☐ 15 ounce condensed milk fat-free sweetened canned
- ☐ 1 tablespoon water

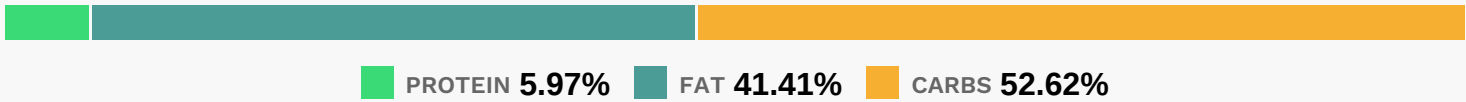
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Line bottom and sides of an 8-inch square metal baking pan with parchment paper; cut off excess parchment paper around top edge of pan.
- ☐ Place crumbs in a medium bowl.
- ☐ Drizzle with butter and 1 tablespoon water; toss with a fork until moist. Gently pat mixture into an even layer in prepared pan (do not press firmly).
- ☐ Sprinkle chips and morsels over crumb mixture. Top evenly with coconut and pecans.
- ☐ Drizzle milk evenly over top.
- ☐ Bake at 350 for 25 minutes or until lightly browned and bubbly around edges. Cool completely in pan on a wire rack.
- ☐ Baking 101 Tip The bars can create a sticky mess in the pan, so it's crucial to line it with parchment paper. Because the milk needs to seep into the graham cracker crumbs, don't pack the crumbs too tightly in the bottom of the pan.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:10.62, Inflammation Score:-1, Nutrition Score:2.5804348089125%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 146.12kcal (7.31%), Fat: 6.82g (10.5%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 18.79g (6.83%), Sugar: 15.86g (17.62%), Cholesterol: 8.68mg (2.89%), Sodium: 75.83mg (3.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Phosphorus: 69.19mg (6.92%), Calcium: 58.98mg (5.9%), Vitamin B2: 0.09mg (5.49%), Manganese: 0.11mg (5.4%), Selenium: 3.33µg (4.76%), Magnesium: 14.95mg (3.74%), Potassium: 105.69mg (3.02%), Fiber: 0.72g (2.88%), Copper: 0.06mg (2.81%), Zinc: 0.41mg (2.73%), Iron: 0.48mg (2.65%), Vitamin B1: 0.04mg (2.49%), Vitamin B5: 0.16mg (1.62%), Vitamin A: 78.4IU (1.57%), Vitamin B12: 0.09µg (1.49%), Vitamin B3: 0.29mg (1.45%), Folate: 4.77µg (1.19%)