



Magic Cookie Bars

READY IN



45 min.

SERVINGS



24

CALORIES



514 kcal

DESSERT

Ingredients

- 1 cup chocolate chips miniature
- 4.5 cups graham cracker crumbs
- 42 oz condensed milk sweetened canned
- 4.5 cups coconut shredded sweetened
- 1.5 cups butter unsalted melted (3 sticks)
- 2 cups walnut pieces chopped

Equipment

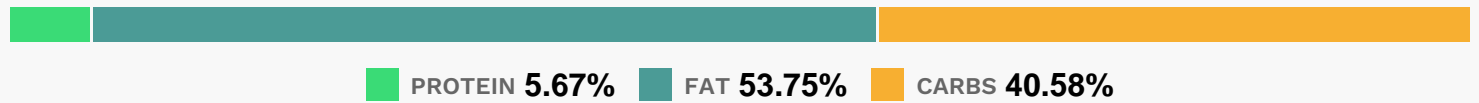
- bowl

- frying pan
- oven
- spatula

Directions

- Preheat oven to 325 degrees
- In a large bowl, combine the graham cracker crumbs with the melted butter. Press firmly into an ungreased 12 x 18" jelly roll pan
- Sprinkle the walnuts, chocolate chips, and shredded coconut over the graham cracker crust
- Pour the three cans of condensed milk over everything evenly, making sure to completely cover the coconut. Use a spatula to spread if needed
- Bake for 30–35 minutes, or until lightly golden
- Cool to room temperature, or overnight, before cutting and serving

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:25.08, Inflammation Score:-4, Nutrition Score:9.5578260869565%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Taste

Sweetness: 100%, Saltiness: 1.27%, Sourness: 7.09%, Bitterness: 5.88%, Savoriness: 5.58%, Fattiness: 55.6%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 513.72kcal (25.69%), Fat: 31.5g (48.46%), Saturated Fat: 17.25g (107.81%), Carbohydrates: 53.51g (17.84%), Net Carbohydrates: 51.36g (18.68%), Sugar: 42.85g (47.61%), Cholesterol: 48.5mg (16.17%), Sodium: 217.87mg (9.47%), Protein: 7.47g (14.94%), Manganese: 0.75mg (37.7%), Phosphorus: 212.53mg (21.25%), Calcium: 177.53mg (17.75%), Vitamin B2: 0.27mg (15.71%), Selenium: 10.78µg (15.4%), Magnesium: 46.32mg (11.58%), Copper: 0.22mg (11.11%), Vitamin A: 505.76IU (10.12%), Zinc: 1.39mg (9.29%), Potassium: 315.21mg (9.01%), Fiber: 2.15g (8.6%), Iron: 1.45mg (8.04%), Vitamin B1: 0.12mg (7.98%), Vitamin B6: 0.14mg (6.98%), Folate: 24.03µg (6.01%), Vitamin B5: 0.57mg (5.65%), Vitamin B3: 0.89mg (4.47%), Vitamin B12: 0.24µg (4.04%), Vitamin E: 0.54mg (3.62%), Vitamin D:

0.31µg (2.08%), Vitamin C: 1.58mg (1.91%), Vitamin K: 1.6µg (1.53%)