



Magic Cookie Bars from EAGLE BRAND®

READY IN



45 min.

SERVINGS



36

CALORIES



175 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 1.3 cups coconut flakes flaked
- 14 ounce condensed milk sweetened canned
- 1.5 cups graham cracker crumbs
- 1 cup nuts chopped
- 2 cups semi chocolate chips

Equipment

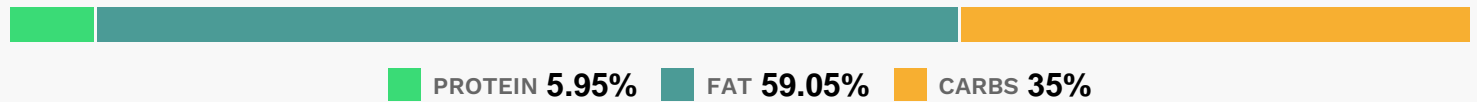
- frying pan

- oven
- baking pan

Directions

- Heat oven to 350 degrees F (325 degrees for glass dish). Coat 13x9-inch baking pan with non-stick cooking spray.
- Combine graham cracker crumbs and butter. Press into bottom of prepared pan.
- Pour sweetened condensed milk evenly over crumb mixture.
- Layer evenly with chocolate chips, coconut and nuts. Press down firmly with a fork.
- Bake 25 minutes or until lightly browned. Cool.
- Cut into bars or diamonds. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.57, Glycemic Load:5.74, Inflammation Score:-2, Nutrition Score:4.029130431621%

Nutrients (% of daily need)

Calories: 175.34kcal (8.77%), Fat: 11.77g (18.1%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 13.9g (5.06%), Sugar: 10.7g (11.89%), Cholesterol: 4.35mg (1.45%), Sodium: 69.44mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.6mg (2.87%), Protein: 2.67g (5.33%), Manganese: 0.3mg (14.85%), Copper: 0.2mg (10.19%), Magnesium: 34.46mg (8.61%), Phosphorus: 85.57mg (8.56%), Fiber: 1.79g (7.17%), Iron: 1.05mg (5.83%), Calcium: 44.84mg (4.48%), Selenium: 3.05µg (4.36%), Zinc: 0.65mg (4.35%), Vitamin B2: 0.07mg (4.2%), Potassium: 146.1mg (4.17%), Vitamin A: 147.81IU (2.96%), Vitamin B3: 0.45mg (2.23%), Vitamin B1: 0.03mg (2.09%), Vitamin B5: 0.19mg (1.89%), Vitamin B6: 0.03mg (1.7%), Folate: 5.14µg (1.28%), Vitamin E: 0.19mg (1.25%), Vitamin B12: 0.07µg (1.16%)