



Magic Cookie Bars with Chocolate Chunks

READY IN



45 min.

SERVINGS



45

CALORIES



119 kcal

Ingredients

- 0.5 cup butter melted
- 14 oz eagle brandâ® condensed milk sweetened canned
- 1.3 cups baker's angel flake coconut
- 1.5 cups graham cracker crumbs
- 1 cup planters pecans chopped
- 8 oz baker's semi-sweet chocolate coarsely chopped

Equipment

- frying pan
- oven

knife

Directions

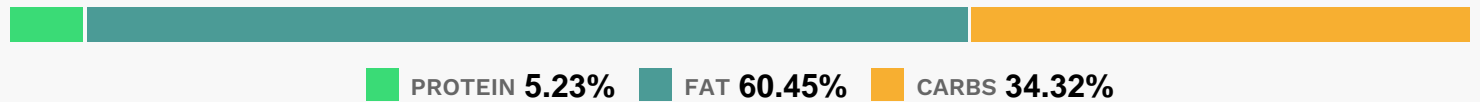
Heat oven to 350F.

Mix graham crumbs and butter; press onto bottom of 13x9-inch pan sprayed with cooking spray.

Pour condensed milk over crust; top with layers of remaining ingredients. Press nuts lightly into coconut layer.

Bake 30 min. or until lightly browned. Immediately run knife around edge of pan to loosen dessert from sides of pan. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:4.44, Inflammation Score:-2, Nutrition Score:2.6678260833673%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 119.32kcal (5.97%), Fat: 8.22g (12.64%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 9.38g (3.41%), Sugar: 7.56g (8.41%), Cholesterol: 3.3mg (1.1%), Sodium: 54.87mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.33mg (1.44%), Protein: 1.6g (3.2%), Manganese: 0.24mg (11.77%), Copper: 0.11mg (5.58%), Phosphorus: 52.94mg (5.29%), Fiber: 1.12g (4.48%), Magnesium: 17.82mg (4.45%), Calcium: 33.34mg (3.33%), Iron: 0.59mg (3.28%), Selenium: 2.28µg (3.25%), Vitamin B2: 0.05mg (3.07%), Zinc: 0.42mg (2.81%), Potassium: 90.01mg (2.57%), Vitamin A: 117.52IU (2.35%), Vitamin B1: 0.03mg (2.15%), Vitamin B5: 0.12mg (1.23%), Vitamin E: 0.16mg (1.09%), Vitamin B6: 0.02mg (1.07%), Vitamin B3: 0.21mg (1.04%)