



WHATShEATE



Mint Chocolate Crumble Bars

READY IN



45 min.

SERVINGS



30

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 6 ounce baking bar white chopped
- ☐ 0.5 cup butter melted
- ☐ 10 ounce teddy chocolate graham cracker cookies crushed bear-shaped ()
- ☐ 1 cup coconut or flaked
- ☐ 1 large eggs lightly beaten
- ☐ 4.6 ounce minty milk chocolate bars with crunchy cookie bits, chopped
- ☐ 1 cup pistachios chopped
- ☐ 6 ounces semisweet chocolate morsels
- ☐ 14 ounce condensed milk sweetened canned

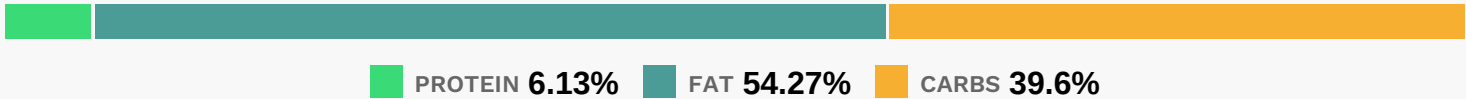
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine cookie crumbs and melted butter; stir well. Press into a lightly greased 13" x 9" x 2" pan.
- ☐ Bake at 350 for 15 minutes.
- ☐ Sprinkle chopped candy bars and next 4 ingredients over crust.
- ☐ Combine egg and condensed milk; pour over chocolate morsels.
- ☐ Bake at 350 for 35 minutes.
- ☐ Let cool completely.
- ☐ Cut into bars.
- ☐ Note: For candy bars, we used Hershey's Cookies 'n' Mint bars. For white chocolate, we used Baker's.

Nutrition Facts



Properties

Glycemic Index:6.39, Glycemic Load:7.89, Inflammation Score:-2, Nutrition Score:4.2521739355896%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 243.4kcal (12.17%), Fat: 15.11g (23.24%), Saturated Fat: 6.79g (42.43%), Carbohydrates: 24.81g (8.27%), Net Carbohydrates: 23.22g (8.44%), Sugar: 17.92g (19.91%), Cholesterol: 12.23mg (4.08%), Sodium: 96.04mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.78mg (2.59%), Protein: 3.84g (7.68%), Manganese: 0.23mg (11.28%), Phosphorus: 94.75mg (9.47%), Copper: 0.18mg (8.92%), Magnesium: 26.89mg (6.72%), Fiber: 1.59g (6.36%), Calcium: 60.54mg (6.05%), Vitamin B2: 0.1mg (6.04%), Selenium: 4.14µg (5.91%), Potassium: 171.49mg (4.9%), Vitamin B6: 0.1mg (4.76%), Iron: 0.8mg (4.46%), Vitamin A: 201.2IU (4.02%), Vitamin B1: 0.06mg (3.77%), Zinc: 0.55mg (3.67%), Vitamin E: 0.36mg (2.41%), Vitamin B5: 0.23mg (2.27%), Vitamin B12: 0.12µg (1.98%), Folate: 5.15µg (1.29%), Vitamin K: 1.29µg (1.23%), Vitamin B3: 0.22mg (1.1%)