



Mound Bars

 Popular

READY IN



45 min.

SERVINGS



15

CALORIES



406 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 2 cups coconut or flaked
- 2 cups graham cracker crumbs
- 12 ounce semi chocolate chips melted
- 14 ounce condensed milk sweetened canned
- 0.3 cup sugar white

Equipment

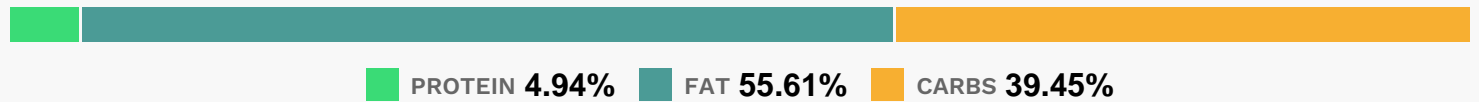
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine the graham cracker crumbs, sugar and melted butter or margarine.
- Mix and pat into the bottom of one 9x13 inch baking pan.
- Bake at 350 degrees F (175 degrees C) for 15 minutes.
- Combine the condensed milk and flaked coconut.
- Spread over the crust and bake at 350 degrees F (175 degrees C) for 15 minutes.
- Spread the melted chocolate chips over the top.
- Let cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:17.14, Inflammation Score:-4, Nutrition Score:8.3817392056403%

Nutrients (% of daily need)

Calories: 405.62kcal (20.28%), Fat: 25.57g (39.34%), Saturated Fat: 17g (106.24%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 36.78g (13.37%), Sugar: 29.46g (32.73%), Cholesterol: 26.63mg (8.88%), Sodium: 162.56mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.5mg (6.5%), Protein: 5.11g (10.22%), Manganese: 0.61mg (30.67%), Copper: 0.38mg (19.04%), Phosphorus: 173.7mg (17.37%), Fiber: 4.04g (16.17%), Magnesium: 63.75mg (15.94%), Iron: 2.33mg (12.92%), Selenium: 8.01µg (11.45%), Calcium: 102.85mg (10.29%), Vitamin B2: 0.16mg (9.56%), Potassium: 310.01mg (8.86%), Zinc: 1.3mg (8.68%), Vitamin A: 271.08IU (5.42%), Vitamin B1: 0.06mg (4.25%), Vitamin B3: 0.74mg (3.7%), Vitamin B5: 0.37mg (3.65%), Vitamin B6: 0.07mg (3.33%), Vitamin B12: 0.17µg (2.84%), Vitamin E: 0.4mg (2.68%), Folate: 9.31µg (2.33%), Vitamin K: 2.36µg (2.24%), Vitamin C: 0.86mg (1.04%)