



Nanaimo Bars

 Gluten Free

READY IN



11 min.

SERVINGS



16

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces bittersweet chocolate chips
- ☐ 2 tablespoons butter
- ☐ 1 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoon vanilla pudding mix instant
- ☐ 2 tablespoons milk
- ☐ 2 cups powdered sugar
- ☐ 1 cup coconut or shredded sweetened

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup walnuts chopped

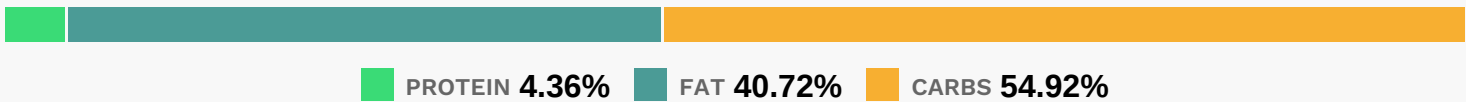
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line a 9 inch square pan with nonstick foil or parchment paper.In a large mixing bowl, stir together melted butter, sugar and cocoa. Stir in egg and vanilla. When smooth, add crumbs, walnuts and coconut. Press crumb mixture tightly into the pan and bake for 10 minutes.
- ☐ Let cool completely.In a mixing bowl, stir together butter and powdered sugar, then beat with an electric mixer until fluffy. Beat in vanilla, pudding mix and milk.
- ☐ Spread the filling over the cooled crust, then chill for about an hour.Prepare topping. Melt the butter or shortening with the chocolate chips.
- ☐ Pour over top of bars and chill just until the bars start to set. Before the chocolate gets too hard, score the bars into squares.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:3.6465217153663%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 211.43kcal (10.57%), Fat: 9.94g (15.29%), Saturated Fat: 5.76g (35.98%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 28.58g (10.39%), Sugar: 25.57g (28.41%), Cholesterol: 11.96mg (3.99%), Sodium: 43.87mg (1.91%), Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.4g (4.79%), Manganese: 0.35mg (17.5%), Copper: 0.17mg (8.36%), Fiber: 1.58g (6.3%), Magnesium: 21.99mg (5.5%), Phosphorus: 53.35mg (5.33%), Zinc: 0.76mg (5.09%), Selenium: 3.05µg (4.35%), Calcium: 43.31mg (4.33%), Potassium: 137.84mg (3.94%), Iron: 0.67mg (3.72%), Vitamin B2: 0.05mg (2.98%), Vitamin B6: 0.06mg (2.87%), Vitamin E: 0.35mg (2.32%), Vitamin B5: 0.21mg (2.12%), Folate: 8.31µg (2.08%), Vitamin B1: 0.03mg (1.93%), Vitamin K: 1.85µg (1.76%), Vitamin B12: 0.07µg (1.13%), Vitamin B3: 0.22mg (1.11%)