



Nanaimo Cookie Bars

 Popular

READY IN



105 min.

SERVINGS



36

CALORIES



272 kcal

DESSERT

Ingredients

- 17.5 oz basic cookie mix chunk
- 1 cup graham cracker crumbs
- 0.5 cup walnut pieces chopped
- 0.5 cup coconut or
- 1 cup butter melted
- 1 eggs
- 4 cups powdered sugar
- 4 tablespoons vanilla pudding instant

- 0.3 cup butter softened
- 0.3 cup milk
- 12 oz semi chocolate chips (2 cups)
- 0.3 cup butter

Equipment

- bowl
- frying pan
- oven
- hand mixer
- aluminum foil
- microwave

Directions

- Heat oven to 350°F. Line bottom and sides of 13x9-inch pan with foil, leaving foil overhanging at 2 opposite sides of pan. In large bowl, stir cookie base ingredients until well mixed.
- Spread into pan; press lightly.
- Bake 16 to 18 minutes or until set. Cool completely, about 30 minutes.
- In another large bowl, stir together powdered sugar and pudding mix.
- Add 1/3 cup butter and the milk; beat with electric mixer on medium speed until smooth (filling will be very thick). Spoon over cookie base; press evenly to cover. Refrigerate while making topping.
- In small microwaveable bowl, microwave topping ingredients uncovered on High 1 minute to 1 minute 30 seconds, stirring every 30 seconds until melted and smooth.
- Spread over filling. Refrigerate uncovered until set, about 30 minutes.
- Use foil to lift bars from pan; pull foil from sides of bars.
- Cut into 9 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



■ PROTEIN 2.68% ■ FAT 49.48% ■ CARBS 47.84%

Properties

Glycemic Index:3.94, Glycemic Load:1.32, Inflammation Score:-3, Nutrition Score:2.8291304500207%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 271.76kcal (13.59%), Fat: 15g (23.07%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 31.23g (11.35%), Sugar: 25.04g (27.82%), Cholesterol: 5.32mg (1.77%), Sodium: 138.27mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 1.83g (3.66%), Manganese: 0.2mg (9.92%), Copper: 0.15mg (7.57%), Vitamin A: 371.52IU (7.43%), Fiber: 1.4g (5.62%), Magnesium: 21.58mg (5.4%), Iron: 0.85mg (4.71%), Phosphorus: 42.62mg (4.26%), Vitamin E: 0.39mg (2.62%), Zinc: 0.38mg (2.55%), Potassium: 84.05mg (2.4%), Selenium: 1.49µg (2.13%), Vitamin B2: 0.03mg (1.83%), Calcium: 15.43mg (1.54%), Vitamin B1: 0.02mg (1.39%), Vitamin B3: 0.25mg (1.25%)