



## OREO Shazam Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



204 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 1 cup chocolate cookie white chunk (2-inch)
- 1 cup baker's angel flake coconut
- 28 oreo cookies divided
- 14 oz condensed milk sweetened canned
- 0.5 cup planters walnuts chopped

### Equipment

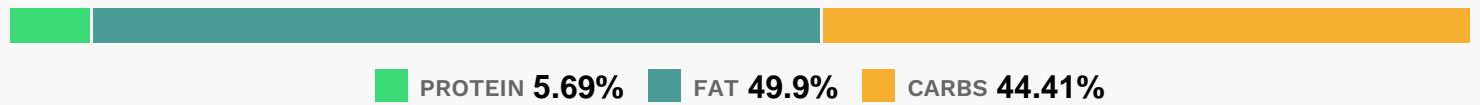
- frying pan

oven

## Directions

- Heat oven to 350F.
- Chop 8 cookies. Finely crush remaining cookies.
- Mix crushed cookies and butter; sprinkle onto bottom of 9-inch square pan.
- Layer with coconut, chips, nuts and chopped cookies; drizzle with condensed milk.
- Bake 25 to 30 min. or until center is set and top is golden brown. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:8.38, Glycemic Load:7.79, Inflammation Score:-2, Nutrition Score:4.4086956472501%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 203.96kcal (10.2%), Fat: 11.67g (17.95%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 22.21g (8.08%), Sugar: 18.26g (20.29%), Cholesterol: 11.86mg (3.95%), Sodium: 96.84mg (4.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Manganese: 0.28mg (13.84%), Iron: 1.93mg (10.71%), Phosphorus: 80.84mg (8.08%), Vitamin B2: 0.13mg (7.39%), Calcium: 64.73mg (6.47%), Selenium: 4.22µg (6.03%), Copper: 0.12mg (5.97%), Magnesium: 18.63mg (4.66%), Fiber: 1.16g (4.63%), Vitamin K: 4.68µg (4.45%), Potassium: 140.39mg (4.01%), Vitamin B1: 0.06mg (3.77%), Vitamin E: 0.51mg (3.42%), Folate: 13.52µg (3.38%), Zinc: 0.45mg (2.99%), Vitamin B3: 0.49mg (2.45%), Vitamin B5: 0.24mg (2.44%), Vitamin A: 105.66IU (2.11%), Vitamin B6: 0.04mg (1.93%), Vitamin B12: 0.11µg (1.79%)