



Pretzel Cashew Seven Layer Bars

READY IN



45 min.

SERVINGS



12

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoons imperial sugar brown sugar dark
- ☐ 0.5 cup butterscotch chips
- ☐ 0.5 cup cashew pieces chopped
- ☐ 0.5 cup coconut or shredded
- ☐ 0.3 cup imperial sugar extra granulated sugar fine
- ☐ 0.8 cup heavy whipping cream
- ☐ 1 cup pretzels salted crushed finely (measure after crushing)
- ☐ 0.5 cup semi-sweet chocolate chips
- ☐ 0.3 cup butter unsalted melted (I used)

☐ 0.3 teaspoon vanilla extract

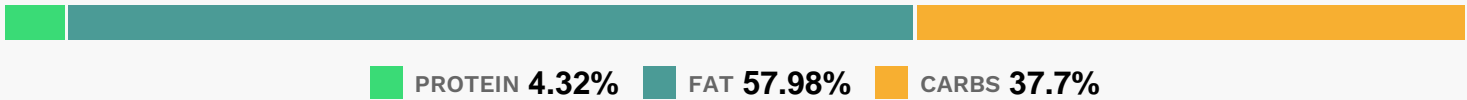
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 350°F. Line an 8 inch square metal pan with nonstick foil or parchment paper.
- ☐ Combine crushed pretzels, 2 tablespoons of sugar and the butter; mixing until well blended. Press onto bottom of pan.
- ☐ Bake for 10 minutes.
- ☐ Remove from oven and cool 15 minutes (this is important).
- ☐ Sprinkle cooled baked crust with chocolate chips, butterscotch chips and nuts.
- ☐ Combine heavy whipping cream, 1/4 cup sugar and 1 tablespoon brown sugar (also add vanilla, if using); mixing until well blended. Spoon evenly over bars so that it kind of sinks into the coconut.
- ☐ Bake for 25 minutes or until coconut is lightly browned and chips start to melt. Cool at room temperature for about 30 minutes, then chill until very firm.Lift from pan by grasping foil or parchment, set on a cutting board, cut into bars.

Nutrition Facts



Properties

Glycemic Index:15.69, Glycemic Load:7.55, Inflammation Score:-3, Nutrition Score:4.4113043209781%

Nutrients (% of daily need)

Calories: 241.6kcal (12.08%), Fat: 15.92g (24.48%), Saturated Fat: 9.04g (56.48%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 21.99g (8%), Sugar: 14.63g (16.25%), Cholesterol: 28.05mg (9.35%), Sodium: 117.27mg (5.1%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Caffeine: 6.27mg (2.09%), Protein: 2.67g (5.34%), Manganese: 0.3mg (14.96%), Copper: 0.24mg (11.86%), Magnesium: 32.76mg (8.19%), Phosphorus: 73.01mg (7.3%), Vitamin A: 347.57IU (6.95%), Iron: 1.23mg (6.84%), Fiber: 1.29g (5.15%), Zinc: 0.66mg (4.38%), Selenium: 2.89µg (4.12%), Vitamin B1: 0.06mg (3.97%), Folate: 15.02µg (3.76%), Vitamin B2: 0.06mg (3.59%), Potassium: 120.57mg (3.44%), Vitamin K: 3.38µg (3.22%), Vitamin E: 0.38mg (2.56%), Vitamin B3: 0.5mg (2.5%), Calcium: 20.89mg (2.09%), Vitamin D: 0.31µg (2.06%), Vitamin B6: 0.04mg (1.87%), Vitamin B5: 0.15mg (1.46%)