



Raspberry Coconut Layer Bars

READY IN



45 min.

SERVINGS



24

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 2.7 cups coconut or shredded
- 1.7 cups graham cracker crumbs
- 1 cup raspberry preserves
- 0.5 cup semi chocolate chips
- 14 ounce condensed milk sweetened canned
- 0.3 cup walnuts toasted chopped
- 2 ounce chocolate white chopped

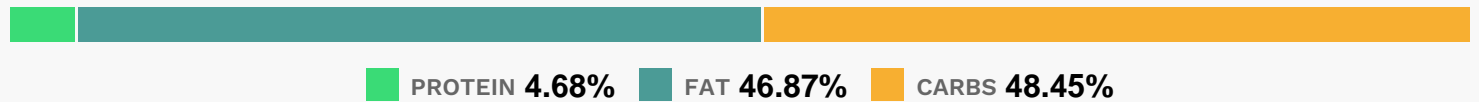
Equipment

- bowl
- oven
- baking pan

Directions

- Combine graham cracker crumbs and butter in medium bowl.
- Spread evenly over bottom of 13 x 9 inch baking pan; press in firmly.
- Sprinkle with coconut; pour condensed milk evenly over coconut.
- Bake in preheated 350 degree F (180 degrees C) oven for 20-25 minutes or until lightly browned; cool for 15 minutes.
- Spread raspberry jam over coconut layer; chill for 3-4 hours or until firm.
- Sprinkle with nuts. Melt chocolate chips over low heat and drizzle over bars. Melt white chocolate squares and drizzle over bars. Chill.
- Cut into 3 x 1-1/2 inch bars.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:14.97, Inflammation Score:-2, Nutrition Score:3.9843478319438%

Flavonoids

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

Nutrients (% of daily need)

Calories: 227.65kcal (11.38%), Fat: 12.1g (18.61%), Saturated Fat: 7.46g (46.59%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 26.58g (9.66%), Sugar: 20.58g (22.86%), Cholesterol: 16.51mg (5.5%), Sodium: 98.7mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.22mg (1.08%), Protein: 2.72g (5.44%), Manganese: 0.25mg (12.27%), Phosphorus: 87.02mg (8.7%), Copper: 0.13mg (6.56%), Calcium: 65.41mg (6.54%), Vitamin B2: 0.11mg (6.35%), Fiber: 1.57g (6.27%), Selenium: 4.18µg (5.97%), Magnesium: 20.7mg (5.17%), Iron: 0.85mg (4.71%), Potassium: 150.55mg (4.3%), Zinc: 0.55mg (3.64%), Vitamin A: 165.24IU (3.3%), Vitamin B1: 0.04mg (2.99%), Folate:

10.27µg (2.57%), Vitamin C: 2mg (2.43%), Vitamin B5: 0.19mg (1.94%), Vitamin B3: 0.38mg (1.89%), Vitamin B12: 0.1µg (1.68%), Vitamin B6: 0.03mg (1.67%), Vitamin E: 0.23mg (1.54%)