



Seven-Layer Velvet-Crumb Bars

 Gluten Free

READY IN



155 min.

SERVINGS



18

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup sugar
- ☐ 0.5 cup milk
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 0.5 cup semi chocolate chips
- ☐ 1.3 cups coconut or shredded
- ☐ 1 cup semi chocolate chips

- ☐ 1 cup butterscotch chips
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 0.5 cup pecans finely chopped
- ☐ 0.5 cup walnut pieces finely chopped
- ☐ 1.5 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Grease 13x9-inch (3-quart) glass baking dish, or line with cooking parchment paper.
- ☐ In large bowl, beat Bisquick mix, sugar, milk, melted butter, vanilla and egg with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Fold in 1/2 to 3/4 cup chocolate chips.
- ☐ Pour into pan.
- ☐ Bake 20 minutes.
- ☐ Spread coconut over the top in an even layer. Next layer the 1 cup chocolate chips and the butterscotch chips. Evenly drizzle condensed milk all over the top.
- ☐ Sprinkle with chopped pecans and walnuts.
- ☐ Bake 10 to 15 minutes longer or until top is golden brown. Cool at room temperature at least 2 hours before cutting into bars. The bars must be cooled before you cut into them, or you will get a gooey mess.

Nutrition Facts



 PROTEIN **5.48%**  FAT **47.2%**  CARBS **47.32%**

Properties

Glycemic Index:14.39, Glycemic Load:11.41, Inflammation Score:-3, Nutrition Score:6.406521740167%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 298.46kcal (14.92%), Fat: 15.99g (24.6%), Saturated Fat: 7.86g (49.11%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 33.82g (12.3%), Sugar: 31.59g (35.1%), Cholesterol: 22.5mg (7.5%), Sodium: 83.81mg (3.64%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Caffeine: 12.9mg (4.3%), Protein: 4.18g (8.36%), Manganese: 0.54mg (26.9%), Copper: 0.31mg (15.34%), Phosphorus: 133.28mg (13.33%), Magnesium: 43.99mg (11%), Selenium: 6.38µg (9.12%), Fiber: 2.24g (8.97%), Calcium: 88.59mg (8.86%), Vitamin B2: 0.13mg (7.82%), Iron: 1.35mg (7.51%), Potassium: 229.33mg (6.55%), Zinc: 0.98mg (6.52%), Vitamin B1: 0.07mg (4.38%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.19µg (3.08%), Vitamin A: 141.22IU (2.82%), Vitamin B6: 0.05mg (2.59%), Folate: 9.01µg (2.25%), Vitamin E: 0.28mg (1.85%), Vitamin K: 1.58µg (1.51%), Vitamin B3: 0.29mg (1.43%), Vitamin D: 0.17µg (1.12%), Vitamin C: 0.84mg (1.02%)