



## Triple Layer Cookie Bars by EAGLE BRAND®

READY IN



45 min.

SERVINGS



15

CALORIES



445 kcal

### Ingredients

- 0.5 cup butter melted
- 7 ounce coconut or flaked
- 14 ounce eagle brand® condensed milk sweetened canned
- 0.5 cup creamy peanut butter jif®
- 1.5 cups graham cracker crumbs
- 12 ounce semi-sweet chocolate chips

### Equipment

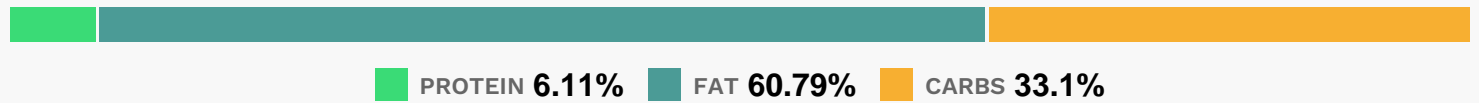
- bowl
- sauce pan

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (325 degrees F for glass dish). In small bowl, combine graham cracker crumbs and butter; mix well. Press crumb mixture firmly on bottom of 13x9-inch baking pan. Top evenly with coconut then pour sweetened condensed milk evenly over coconut layer.
- Bake 25 minutes or until lightly browned.
- In small saucepan, over low heat, melt chocolate chips with peanut butter.
- Spread evenly over hot coconut layer.
- Cool 30 minutes. Chill thoroughly.
- Cut into bars.
- Garnish as desired. Store loosely covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:9.93, Glycemic Load:13.52, Inflammation Score:-5, Nutrition Score:10.237391252881%

## Nutrients (% of daily need)

Calories: 444.93kcal (22.25%), Fat: 30.85g (47.47%), Saturated Fat: 16.28g (101.76%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 33.13g (12.05%), Sugar: 26.53g (29.47%), Cholesterol: 10.36mg (3.45%), Sodium: 204.37mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.5mg (6.5%), Protein: 6.98g (13.96%), Manganese: 0.79mg (39.57%), Copper: 0.43mg (21.55%), Phosphorus: 201.03mg (20.1%), Magnesium: 78.42mg (19.6%), Fiber: 4.67g (18.68%), Iron: 2.42mg (13.44%), Selenium: 8.62µg (12.32%), Calcium: 105.77mg (10.58%), Potassium: 365.15mg (10.43%), Vitamin B2: 0.17mg (10.22%), Zinc: 1.5mg (9.98%), Vitamin B3: 1.79mg (8.94%), Vitamin E: 1.25mg (8.35%), Vitamin A: 352.65IU (7.05%), Vitamin B6: 0.11mg (5.41%), Vitamin B1: 0.07mg (4.72%), Vitamin B5: 0.47mg (4.7%), Folate: 15.44µg (3.86%), Vitamin B12: 0.16µg (2.75%), Vitamin K: 1.86µg (1.77%), Vitamin C: 0.9mg (1.09%)