



White Chocolate Layer Bars

READY IN



70 min.

SERVINGS



36

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1.5 cups chocolate wafer crumbs
- ☐ 1 cup cashew pieces chopped
- ☐ 1 cup peppermint candies white
- ☐ 1.5 cups coconut or
- ☐ 14 oz condensed milk sweetened canned
- ☐ 0.5 cup candied cherries red chopped

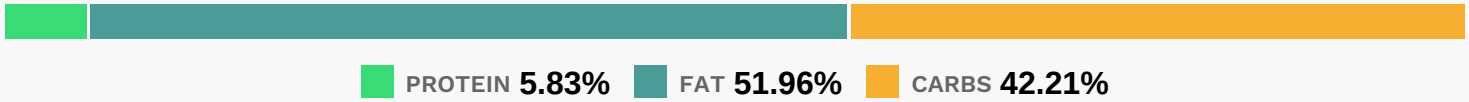
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. In 13x9-inch pan, melt butter while oven is heating.
- ☐ Remove pan from oven. Stir cookie crumbs into butter; press evenly in bottom of pan.
- ☐ Sprinkle with cashews, baking chips, coconut and cherries.
- ☐ Pour condensed milk evenly over mixture.
- ☐ Bake 20 to 30 minutes or until light golden brown. Cool completely, about 30 minutes. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:5.52, Inflammation Score:-2, Nutrition Score:2.6365217475787%

Nutrients (% of daily need)

Calories: 152.89kcal (7.64%), Fat: 9.13g (14.04%), Saturated Fat: 4.55g (28.41%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 16.09g (5.85%), Sugar: 12.99g (14.44%), Cholesterol: 3.84mg (1.28%), Sodium: 75.97mg (3.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Manganese: 0.14mg (7.12%), Phosphorus: 59.79mg (5.98%), Copper: 0.12mg (5.82%), Calcium: 45.35mg (4.54%), Magnesium: 16.96mg (4.24%), Selenium: 2.95µg (4.21%), Vitamin B2: 0.06mg (3.66%), Iron: 0.53mg (2.94%), Vitamin A: 142.77IU (2.86%), Zinc: 0.4mg (2.66%), Potassium: 87.54mg (2.5%), Vitamin B1: 0.04mg (2.47%), Fiber: 0.6g (2.39%), Vitamin B5: 0.14mg (1.44%), Vitamin K: 1.41µg (1.34%), Folate: 5.2µg (1.3%), Vitamin E: 0.19mg (1.26%), Vitamin B6: 0.03mg (1.25%), Vitamin B3: 0.21mg (1.07%)