



Yum Yum Squares

 Vegetarian

READY IN



45 min.

SERVINGS



25

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups brown sugar packed
- 0.5 cup butter
- 1 cup coconut or flaked
- 2 eggs beaten
- 1.5 cups flour all-purpose
- 0.5 cup walnuts chopped
- 0.5 cup sugar white

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (195 degrees C). Grease a 9x9 inch baking pan.
- In a medium bowl, mix together the flour, brown sugar, and white sugar.
- Cut in the 1/2 cup of butter until mixture resembles coarse crumbs. Pat into the bottom of the prepared pan.
- In the same bowl, stir together the eggs and brown sugar, stir in the coconut and walnuts until everything is gooey.
- Spread evenly over the crust layer, and bake for 25 to 35 minutes, everything should be golden brown.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:6.97, Inflammation Score:-1, Nutrition Score:2.8339130246769%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

Nutrients (% of daily need)

Calories: 168.19kcal (8.41%), Fat: 7.82g (12.03%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 22.9g (8.33%), Sugar: 17.14g (19.05%), Cholesterol: 22.86mg (7.62%), Sodium: 39.38mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Manganese: 0.23mg (11.7%), Selenium: 4.59µg (6.56%), Vitamin B1: 0.07mg (4.7%), Folate: 18.25µg (4.56%), Copper: 0.08mg (4.2%), Iron: 0.69mg (3.82%), Vitamin B2: 0.06mg (3.67%), Fiber: 0.91g (3.65%), Phosphorus: 31.79mg (3.18%), Vitamin A: 132.93IU (2.66%), Vitamin B3: 0.51mg (2.54%), Magnesium: 10.11mg (2.53%), Vitamin B6: 0.04mg (1.88%), Calcium: 18.36mg (1.84%), Potassium: 60.39mg (1.73%), Zinc: 0.25mg (1.65%), Vitamin B5: 0.15mg (1.5%), Vitamin E: 0.18mg (1.19%)