

Hawaiian Dream Bars

Alice Pinkie

Community Living Committee - All Saint's Church Hammond, IN 1987

Servings: 9

*1/2 cup butter or margarine
1/2 cup brown sugar, lightly packed
1/2 teaspoon vanilla
1/2 cup flour
1 cup crushed pineapple, well drained
1/4 cup butter or margarine, melted
3/4 cup sugar
1 egg
1/2 teaspoon vanilla
1 cup shredded coconut meat*

Preheat the oven to 350 degrees.

In a bowl, cream 1/2 cup of butter. Blend in the brown sugar and 1/2 teaspoon of vanilla. Mix in the flour. Press into the bottom of a nine-inch square pan.

Bake for 15 minutes or until golden brown. Let cool for 5 minutes.

Dry the pineapple on a paper towel. Spread on top of the crust.

In a bowl, beat together the melted butter, sugar, egg, one teaspoon of vanilla and coconut. Spread over the pineapple.

Return the baking pan to the oven and continue baking for an additional 30 minutes.

Cool in the pan and cut into squares.

Store in the refrigerator.

Per Serving (excluding unknown items): 313 Calories; 19g Fat (53.1% calories from fat); 2g Protein; 36g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 169mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 3 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

313

Vitamin B6 (mg):

trace

% Calories from Fat:	53.1%
% Calories from Carbohydrates:	44.4%
% Calories from Protein:	2.5%
Total Fat (g):	19g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	65mg
Carbohydrate (g):	36g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	169mg
Potassium (mg):	114mg
Calcium (mg):	21mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	616IU
Vitamin A (r.e.):	152RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	9mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories 313 **Calories from Fat:** 166

% Daily Values*

Total Fat 19g	29%
Saturated Fat 12g	62%
Cholesterol 65mg	22%
Sodium 169mg	7%
Total Carbohydrates 36g	12%
Dietary Fiber 1g	5%
Protein 2g	
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Vitamin A	12%
Vitamin C	5%
Calcium	2%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.