

Simple Seven Layer Dessert Bars

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

1/2 cup butter, melted
1 cup graham cracker crumbs
1 cup flaked coconut
6 ounces semi-sweet chocolate chips
6 ounces peanut butter chips
1 can sweet condensed milk
1 cup walnuts or pecans, chopped

Preheat the oven to 350 degrees.

In a nine-inch square baking pan, pour the melted butter over the bottom of the pan. Spread the graham cracker crumbs evenly over the top of the melted butter.

Add a layer of coconut, a layer of chocolate chips and then a layer of peanut butter chips.

Drizzle the sweet condensed milk over the top layer and then sprinkle the nuts over the top.

Bake for 30 minutes or until lightly browned.

Remove from the oven and let cool before you cut into bars.

Per Serving (excluding unknown items): 2070 Calories; 151g Fat (65.1% calories from fat); 42g Protein; 139g Carbohydrate; 12g Dietary Fiber; 260mg Cholesterol; 1867mg Sodium. Exchanges: 4 Grain(Starch); 5 Lean Meat; 27 Fat; 5 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2070	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	26.7%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	8.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	151g	Folacin (mcg):	23mcg
Saturated Fat (g):	89g	Niacin (mg):	17mg
Monounsaturated Fat (g):	48g	Caffeine (mg):	105mg

Polyunsaturated Fat (g): 6g
Cholesterol (mg): 260mg
Carbohydrate (g): 139g
Dietary Fiber (g): 12g
Protein (g): 42g
Sodium (mg): 1867mg
Potassium (mg): 993mg
Calcium (mg): 231mg
Iron (mg): 6mg
Zinc (mg): 4mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 3503IU
Vitamin A (r.e.): 862RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 4
Lean Meat: 5
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 27
Other Carbohydrates: 5

Nutrition Facts

Amount Per Serving

Calories 2070 **Calories from Fat:** 1348

% Daily Values*

Total Fat	151g	232%
Saturated Fat	89g	446%
Cholesterol	260mg	87%
Sodium	1867mg	78%
Total Carbohydrates	139g	46%
Dietary Fiber	12g	50%
Protein	42g	
<hr/>		
Vitamin A		70%
Vitamin C		0%
Calcium		23%
Iron		34%

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