

Coconut Cranberry Bars

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1 1/2 cups (24 squares) graham cracker crumbs
 1/2 cup butter or margarine, melted
 1 1/2 cups vanilla or white chips
 1 1/2 cups dried cranberries
 1 can (14 ounce) sweetened condensed milk
 1 cup flaked coconut
 1 cup pecan halves

Preheat the oven to 350 degrees.

In a bowl, combine the cracker crumbs and butter. Press into the bottom of a greased 13x9-inch baking pan.

In a bowl, combine the white chip morsels, cranberries, condensed milk, coconut and pecan halves. Mix well. Gently spread the mixture over the crust.

Bake for 25 to 28 minutes or until the edges are golden brown.

Cool on a wire rack. Cut into bars.

Per Serving (excluding unknown items): 3053 Calories; 204g Fat (58.4% calories from fat); 42g Protein; 285g Carbohydrate; 12g Dietary Fiber; 352mg Cholesterol; 2089mg Sodium. Exchanges: 7 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 40 1/2 Fat; 11 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3053	Vitamin B6 (mg):	.4mg
% Calories from Fat:	58.4%	Vitamin B12 (mcg):	1.5mcg
% Calories from Carbohydrates:	36.2%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	204g	Folacin (mcg):	101mcg
Saturated Fat (g):	83g	Niacin (mg):	7mg
Monounsaturated Fat (g):	86g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	24g	Alcohol (kcal):	0
Cholesterol (mg):	352mg	% Refuse:	0%

Carbohydrate (g): 285g
 Dietary Fiber (g): 12g
 Protein (g): 42g
 Sodium (mg): 2089mg
 Potassium (mg): 1759mg
 Calcium (mg): 964mg
 Iron (mg): 8mg
 Zinc (mg): 10mg
 Vitamin C (mg): 10mg
 Vitamin A (i.u.): 4609IU
 Vitamin A (r.e.): 1175 1/2RE

Food Exchanges

Grain (Starch): 7 1/2
 Lean Meat: 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 40 1/2
 Other Carbohydrates: 11

Nutrition Facts

Amount Per Serving

Calories 3053 **Calories from Fat:** 1784

% Daily Values*

Total Fat 204g	314%
Saturated Fat 83g	415%
Cholesterol 352mg	117%
Sodium 2089mg	87%
Total Carbohydrates 285g	95%
Dietary Fiber 12g	49%
Protein 42g	
Vitamin A	92%
Vitamin C	17%
Calcium	96%
Iron	43%

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