

Caramel Bars

READY IN



35 min.

SERVINGS



15

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar
- ☐ 0.8 cup butter melted
- ☐ 32 individually wrapped caramels
- ☐ 1 cup flour all-purpose
- ☐ 5 tablespoons heavy cream
- ☐ 1 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup semi chocolate chips

☐ 0.5 cup walnuts chopped

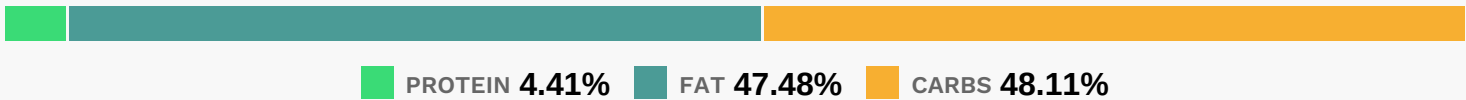
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). In a medium saucepan over low heat, melt together the caramels and heavy cream, stirring occasionally until smooth.
- ☐ In a medium bowl, stir together the flour, oats, brown sugar, baking soda and salt. Stir in the melted butter until well blended. Press Half of the mixture into the bottom of a 9x13 inch baking pan. Reserve the rest.
- ☐ Bake the crust for 8 minutes in the preheated oven.
- ☐ Remove and sprinkle with chocolate chips and walnuts.
- ☐ Pour the caramel mixture over the top and then crumble the remaining crust mixture over everything.
- ☐ Return to the oven and bake for an additional 12 minutes, or until the top is lightly toasted.
- ☐ Cut into squares while it is still warm.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:16.58, Inflammation Score:-4, Nutrition Score:5.68608699999813%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 332.74kcal (16.64%), Fat: 18.01g (27.71%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 41.06g (13.69%), Net Carbohydrates: 39.55g (14.38%), Sugar: 27.18g (30.2%), Cholesterol: 31.91mg (10.64%), Sodium: 206.08mg (8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.16mg (1.72%), Protein: 3.77g (7.53%), Manganese: 0.48mg (23.76%), Phosphorus: 90.64mg (9.06%), Copper: 0.18mg (8.98%), Vitamin B1: 0.13mg (8.6%), Selenium: 5.86µg (8.37%), Magnesium: 31.21mg (7.8%), Vitamin B2: 0.13mg (7.42%), Vitamin A: 369.88IU (7.4%), Iron: 1.22mg (6.8%), Fiber: 1.51g (6.05%), Calcium: 56.22mg (5.62%), Folate: 22.31µg (5.58%), Zinc: 0.65mg (4.36%), Potassium: 147.47mg (4.21%), Vitamin B3: 0.7mg (3.49%), Vitamin E: 0.5mg (3.32%), Vitamin B5: 0.31mg (3.09%), Vitamin B6: 0.05mg (2.53%), Vitamin K: 2.01µg (1.91%), Vitamin B12: 0.1µg (1.7%)