

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 cup heavy whipping cream
- 1 cup rolled oats
- 0.3 teaspoon salt
- 0.5 cup semi chocolate chips

0.5 cup walnut pieces 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



PROTEIN 4.41% FAT 47.48% CARBS 48.11%

Properties

Glycemic Index:16.67, Glycemic Load:16.58, Inflammation Score:-4, Nutrition Score:5.6860869999813%

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: 0g (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%)