

Caramel Butter Pecan Bars

READY IN



30 min.

SERVINGS



48

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar packed
- 0.8 cup butter cold cubed
- 12 ounces mrs richardson's butterscotch caramel sauce warmed
- 2 cups flour all-purpose
- 11 ounces milk chocolate chips
- 1.5 cups pecans chopped

Equipment

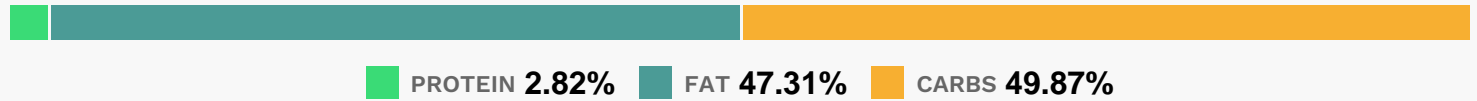
- bowl

- oven
- wire rack
- baking pan

Directions

- In a large bowl, combine flour and brown sugar; cut in butter until crumbly. Press into an ungreased 13-in. x 9-in. baking dish. Top with pecans.
- Drizzle caramel topping evenly over pecans.
- Bake at 350° for 15–20 minutes or until caramel is bubbly.
- Remove to a wire rack.
- Sprinkle with chocolate chips.
- Let stand for 5 minutes. Carefully spread chips over caramel layer. Cool at room temperature for at least 6 hours or until chocolate is set.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:2.81, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:1.837826092606%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 133.14kcal (6.66%), Fat: 7.24g (11.13%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 16.7g (6.07%), Sugar: 12.35g (13.72%), Cholesterol: 7.63mg (2.54%), Sodium: 48.36mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Manganese: 0.2mg (9.76%), Vitamin B1: 0.06mg (4.24%), Selenium: 2.08µg (2.97%), Folate: 10.57µg (2.64%), Copper: 0.05mg (2.53%), Iron: 0.36mg (2.01%), Vitamin

A: 96.92IU (1.94%), Phosphorus: 18.86mg (1.89%), Fiber: 0.47g (1.87%), Vitamin B2: 0.03mg (1.84%), Vitamin B3: 0.35mg (1.77%), Calcium: 15.93mg (1.59%), Magnesium: 6.11mg (1.53%), Potassium: 49.73mg (1.42%), Zinc: 0.2mg (1.3%)