



Caramel Candy Bars

READY IN



90 min.

SERVINGS



54

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounces individually wrapped caramels
- ☐ 0.3 cup milk
- ☐ 2 cups flour all-purpose
- ☐ 2 cups rolled oats
- ☐ 1.5 cups brown sugar packed
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs
- ☐ 1 cup butter softened

- ☐ 6 ounces semi chocolate chips (1 cup)
- ☐ 1 cup walnut pieces chopped

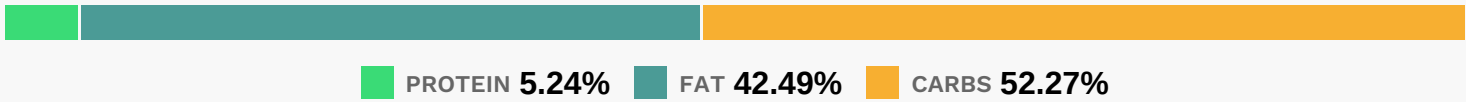
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Grease rectangular pan, 13x9x2 inches.
- ☐ Heat caramels and milk in 2-quart saucepan over low heat, stirring frequently, until smooth.
- ☐ Stir together flour, oats, brown sugar, baking soda, salt and egg in large bowl. Stir in butter with fork until mixture is crumbly. Press half of the crumbly mixture in pan.
- ☐ Bake 10 minutes.
- ☐ Sprinkle chocolate chips and walnuts over baked layer.
- ☐ Drizzle with caramel mixture.
- ☐ Sprinkle with remaining crumbly mixture.
- ☐ Bake 20 to 25 minutes or until golden brown. Cool 30 minutes. Loosen edges from sides of pan; cool completely. For 54 bars, cut into 9 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:4.41, Glycemic Load:6.98, Inflammation Score:-2, Nutrition Score:2.9234782437915%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

Nutrients (% of daily need)

Calories: 144.23kcal (7.21%), Fat: 6.97g (10.72%), Saturated Fat: 1.81g (11.28%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 18.46g (6.71%), Sugar: 12.07g (13.41%), Cholesterol: 3.92mg (1.31%), Sodium: 103.52mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Manganese: 0.26mg (13.07%), Copper: 0.1mg (4.85%), Selenium: 3.29µg (4.7%), Phosphorus: 45.72mg (4.57%), Vitamin B1: 0.07mg (4.51%), Magnesium: 16.33mg (4.08%), Iron: 0.67mg (3.74%), Vitamin B2: 0.06mg (3.44%), Fiber: 0.83g (3.3%), Vitamin A: 162.3IU (3.25%), Folate: 12.34µg (3.08%), Calcium: 25.13mg (2.51%), Zinc: 0.34mg (2.29%), Potassium: 72.25mg (2.06%), Vitamin B3: 0.38mg (1.89%), Vitamin B5: 0.15mg (1.51%), Vitamin E: 0.22mg (1.48%), Vitamin B6: 0.03mg (1.35%)