



## Caramel-Cashew Bars

READY IN



85 min.

SERVINGS



48

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup shortening
- 0.5 cup butter softened
- 0.8 cup granulated sugar
- 0.8 cup brown sugar packed
- 2 eggs
- 1 teaspoon vanilla
- 2.3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda

- 1.5 cups roasted cashews salted chopped
- 14 oz individually wrapped caramels
- 0.3 cup milk

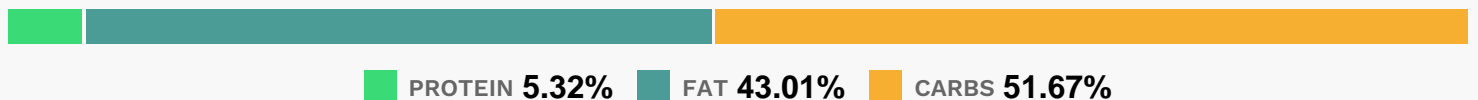
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer

## Directions

- Heat oven to 350°F (if using dark or nonstick pan, heat oven to 325°F). Spray 15x10x1-inch pan with cooking spray.
- In large bowl, beat shortening, butter, granulated sugar and brown sugar with electric mixer on medium speed until smooth. Beat in eggs and vanilla. Beat in flour, cinnamon and baking soda, scraping bowl occasionally, until well blended. Stir in 1 cup of the cashews.
- Spread dough in pan.
- Bake 20 to 25 minutes or until golden brown. Cool 10 minutes.
- Meanwhile, in 2-quart saucepan, heat caramels and milk over medium heat, stirring frequently, until caramels are melted; keep warm.
- Spread caramel over slightly cooled bars.
- Sprinkle remaining 1/2 cup cashews over caramel. Cool completely, about 30 minutes. For bars, cut into 8 rows by 6 rows. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:5.27, Glycemic Load:9.58, Inflammation Score:-2, Nutrition Score:2.5352173766688%

## Nutrients (% of daily need)

Calories: 142.19kcal (7.11%), Fat: 6.98g (10.73%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 18.55g (6.75%), Sugar: 12.18g (13.53%), Cholesterol: 7.55mg (2.52%), Sodium: 97.05mg (4.22%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.94g (3.88%), Copper: 0.11mg (5.42%), Selenium: 3.28µg (4.69%), Vitamin B1: 0.07mg (4.35%), Manganese: 0.09mg (4.33%), Phosphorus: 42.36mg (4.24%), Vitamin B2: 0.07mg (4.14%), Folate: 14.93µg (3.73%), Magnesium: 14.61mg (3.65%), Iron: 0.6mg (3.35%), Vitamin K: 2.81µg (2.68%), Zinc: 0.35mg (2.32%), Vitamin B3: 0.43mg (2.13%), Calcium: 20.85mg (2.08%), Vitamin E: 0.31mg (2.04%), Vitamin A: 100.14IU (2%), Vitamin B5: 0.18mg (1.83%), Potassium: 58.52mg (1.67%), Fiber: 0.31g (1.24%), Vitamin B6: 0.02mg (1.19%)