



Caramel-Chocolate Cookie Bars

READY IN



20 min.

SERVINGS



20

CALORIES



186 kcal

DESSERT

Ingredients

- 36 caramels kraft
- 1 cup baker's angel flake coconut toasted
- 2 Tbsp milk
- 2 oz baker's semi-sweet chocolate melted
- 35 square shortbread cookies

Equipment

- bowl
- frying pan

microwave

spatula

Directions

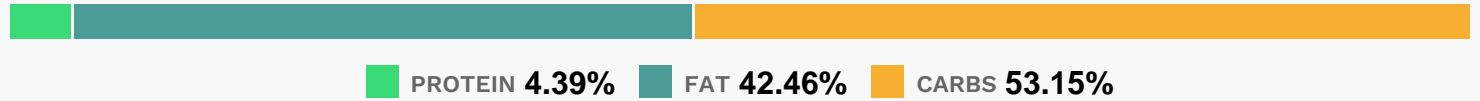
Place cookies in single layer in 13x9-inch pan.

Microwave caramels and milk in microwavable bowl on HIGH 2 to 3 min. or until caramels are completely melted and mixture is well blended, stirring after each minute. Spoon over cookies; spread with spatula to form even layer in pan.

Sprinkle with coconut; drizzle with chocolate.

Let stand 10 min. or until caramel is firm before cutting dessert into bars.

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:14.64, Inflammation Score:-1, Nutrition Score:3.0465217407631%

Nutrients (% of daily need)

Calories: 186.08kcal (9.3%), Fat: 9g (13.85%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 24.25g (8.82%), Sugar: 16.24g (18.04%), Cholesterol: 1.61mg (0.54%), Sodium: 95.95mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Manganese: 0.22mg (10.81%), Vitamin B2: 0.1mg (5.75%), Vitamin B1: 0.07mg (4.82%), Phosphorus: 47.4mg (4.74%), Fiber: 1.1g (4.41%), Copper: 0.09mg (4.25%), Iron: 0.76mg (4.24%), Magnesium: 14.01mg (3.5%), Selenium: 2.24µg (3.21%), Calcium: 31.37mg (3.14%), Folate: 12.44µg (3.11%), Vitamin E: 0.46mg (3.07%), Vitamin B3: 0.54mg (2.68%), Potassium: 92.24mg (2.64%), Zinc: 0.31mg (2.1%), Vitamin B5: 0.2mg (2.02%), Vitamin K: 2.09µg (1.99%), Vitamin B6: 0.03mg (1.73%), Vitamin B12: 0.07µg (1.12%)