



Caramel Filled Oatmeal Walnut Bars

READY IN



50 min.

SERVINGS



16

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup caramel bits kraft
- ☐ 0.5 cup chocolate chips dark
- ☐ 0.3 cup very lightly angel flake coconut packed
- ☐ 3.4 ounces flour
- ☐ 3 tablespoons granulated sugar
- ☐ 2 tablespoons heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons brown sugar light packed

- ☐ 6 tablespoons butter unsalted melted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 350 degrees F. Line an 8 inch square metal pan with nonstick foil or line with regular foil and spray foil with cooking spray. In a mixing bowl, combine the flour, baking soda, salt, and both sugars. Stir very well, then stir in the oats and coconut.
- ☐ Mix the melted butter and vanilla, then pour into flour mixture and stir until blended and kind of crumbly. Measure out about a cup of flour mixture, then press the rest tightly in the pan to cover bottom. In a microwave-safe bowl or Pyrex measuring cup, combine the caramel bits and cream. Microwave on high for 30 seconds. Stir and continue to microwave on high, stirring every 10 seconds, until completely melted.
- ☐ Spread melted caramel over oat crust.
- ☐ Sprinkle nuts and chocolate chips over oat crust, then sprinkle reserved oat mixture over the top.
- ☐ Bake on center rack for about 30 to 35 minutes, laying a sheet of foil loosely over top during last 10 minute to prevent over-brownies..
- ☐ Let cool completely, then lift from pan and cut into squares.

Nutrition Facts



 **PROTEIN 4.79%**  **FAT 48.8%**  **CARBS 46.41%**

Properties

Glycemic Index:14.38, Glycemic Load:12.35, Inflammation Score:-2, Nutrition Score:3.363913046925%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 205.98kcal (10.3%), Fat: 11.49g (17.68%), Saturated Fat: 6.37g (39.83%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 23.68g (8.61%), Sugar: 16.35g (18.16%), Cholesterol: 14.5mg (4.83%), Sodium: 151.71mg (6.6%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.54g (5.08%), Manganese: 0.23mg (11.31%), Vitamin B1: 0.08mg (5.49%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 49.19mg (4.92%), Copper: 0.1mg (4.81%), Calcium: 46.84mg (4.68%), Selenium: 3.26µg (4.65%), Folate: 16.79µg (4.2%), Fiber: 0.91g (3.64%), Magnesium: 13.69mg (3.42%), Vitamin A: 166.26IU (3.33%), Iron: 0.56mg (3.1%), Zinc: 0.46mg (3.1%), Potassium: 105.71mg (3.02%), Vitamin B3: 0.49mg (2.47%), Vitamin B6: 0.05mg (2.25%), Vitamin E: 0.33mg (2.22%), Vitamin B5: 0.21mg (2.09%), Vitamin B12: 0.07µg (1.2%), Vitamin K: 1.25µg (1.19%)