



Caramel Fudge Squares

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



167 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup butter melted
- 3 tablespoons confectioners' sugar
- 4 eggs beaten
- 2 cups flour all-purpose
- 1 pound brown sugar light
- 1 pinch salt
- 1 teaspoon vanilla extract

0.5 cup sugar white

Equipment

bowl

oven

baking pan

toothpicks

Directions

Preheat oven to 300 degrees (150 degrees C). Grease one 9x13 inch baking pan.

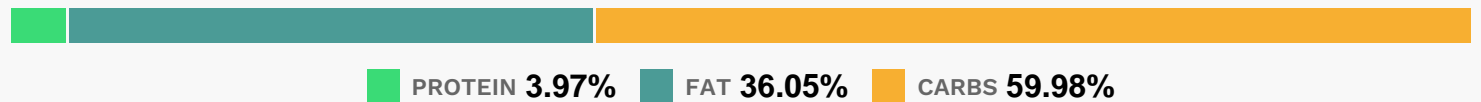
In a large bowl, cream together the butter, brown sugar, white sugar, vanilla, and eggs. Sift together the flour, baking powder, and salt; stir into the egg mixture until well blended.

Spread mixture evenly into the prepared baking pan.

Bake for 45 minutes in the preheated oven. A toothpick should come out clean when inserted.

Cut into squares and roll in confectioners' sugar while they are still hot.

Nutrition Facts



Properties

Glycemic Index:9.57, Glycemic Load:6.96, Inflammation Score:-2, Nutrition Score:2.2291304365448%

Nutrients (% of daily need)

Calories: 166.83kcal (8.34%), Fat: 6.79g (10.44%), Saturated Fat: 4.09g (25.54%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 25.19g (9.16%), Sugar: 18.84g (20.93%), Cholesterol: 38.09mg (12.7%), Sodium: 76.87mg (3.34%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Protein: 1.68g (3.37%), Selenium: 4.91µg (7.01%), Folate: 18.39µg (4.6%), Vitamin B1: 0.07mg (4.54%), Vitamin A: 220.77IU (4.42%), Vitamin B2: 0.07mg (4.2%), Manganese: 0.07mg (3.43%), Iron: 0.62mg (3.42%), Calcium: 26.79mg (2.68%), Phosphorus: 25.97mg (2.6%), Vitamin B3: 0.52mg (2.58%), Vitamin E: 0.24mg (1.61%), Vitamin B5: 0.15mg (1.55%), Copper: 0.02mg (1.19%), Potassium: 39.24mg (1.12%), Vitamin B12: 0.07µg (1.08%), Magnesium: 4.1mg (1.03%), Vitamin B6: 0.02mg (1.01%)