



Caramel-Mallow Bars

READY IN



57 min.

SERVINGS



57

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar packed
- 0.7 cup butter softened
- 28 caramels kraft
- 1.5 cups flour
- 0.5 cup graham cracker crumbs
- 1 cup marshmallows jet-puffed miniature
- 0.5 cup planters pecans finely chopped
- 2 oz baker's semi-sweet chocolate chopped
- 2 Tbsp water

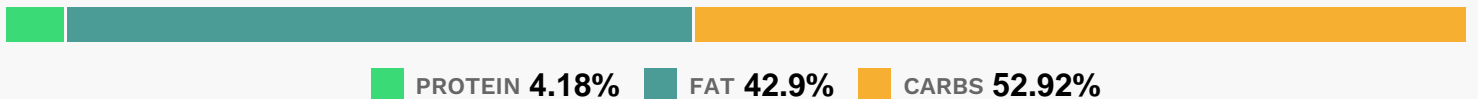
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350F.
- Beat butter and sugar until light and fluffy.
- Add flour, nuts and graham crumbs; mix well. Reserve 1/4 cup crumb mixture; press remaining onto bottom of 9-inch square pan sprayed with cooking spray.
- Bake 18 min. or until lightly browned. Meanwhile, cook caramels and water in saucepan on low heat until caramels are completely melted and mixture is well blended, stirring frequently.
- Pour caramel sauce over crust; sprinkle with reserved crumb mixture, marshmallows and chopped chocolate.
- Bake 12 to 14 min. or until marshmallows are lightly browned. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:4.99, Glycemic Load:5.11, Inflammation Score:-1, Nutrition Score:1.1991304317894%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 74.84kcal (3.74%), Fat: 3.65g (5.61%), Saturated Fat: 0.86g (5.34%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 9.85g (3.58%), Sugar: 6.17g (6.86%), Cholesterol: 0.4mg (0.13%), Sodium: 43.36mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Manganese: 0.08mg (3.83%), Vitamin B1: 0.04mg (2.59%), Vitamin A: 98.02IU (1.96%), Vitamin B2: 0.03mg (1.95%), Selenium: 1.36µg (1.94%), Folate: 6.8µg (1.7%), Phosphorus: 16.39mg (1.64%), Iron: 0.29mg (1.61%), Copper: 0.03mg (1.53%), Magnesium: 5.07mg (1.27%), Vitamin B3: 0.25mg (1.26%), Calcium: 11.52mg (1.15%), Fiber: 0.28g (1.11%)