



Caramel-Nut Bar Cookies

READY IN



45 min.

SERVINGS



20

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 cup butter cut into 16 pieces
- ☐ 1 cup flour all-purpose
- ☐ 1.3 cups granulated sugar
- ☐ 1 cup heavy whipping cream divided
- ☐ 1.3 cups nuts salted with pecans, natural almonds, and lightly macadamia nuts assorted toasted coarsely chopped
- ☐ 0.3 cup powdered sugar
- ☐ 6 ounce semisweet chocolate squares finely chopped

- ☐ 1 teaspoon vanilla extract

Equipment

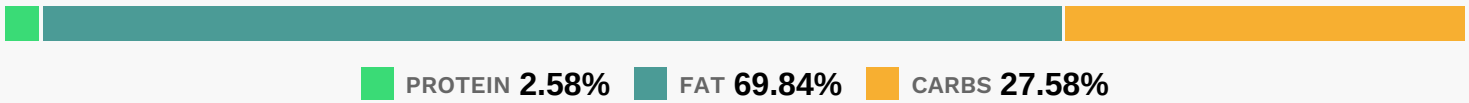
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Beat 1/2 cup butter at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating well.
- ☐ Add vanilla; beat well. Gradually add flour, beating at low speed until blended.
- ☐ With floured fingertips, press dough into a lightly greased 8" square pan.
- ☐ Bake at 325 for 25 minutes or until golden brown.
- ☐ Let cool on a wire rack.
- ☐ Place granulated sugar in a medium-size heavy skillet. Cook, stirring constantly, over medium heat 8 minutes or until sugar is caramel-colored. (Sugar will become crumbly before caramelizing.) Reduce heat to low; gradually add 2/3 cup whipping cream, stirring to combine. (
☐ Mixture will sputter.)
- ☐ Add 1 cup butter, 4 pieces at a time, stirring until smooth after each addition (about 7 minutes).
- ☐ Remove caramel from heat; let cool 10 minutes.
- ☐ Sprinkle nuts over baked crust.
- ☐ Pour caramel over nuts. Cool completely.

- ☐ Place remaining 1/3 cup whipping cream in a microwave–safe glass measuring cup. Microwave at HIGH 1 minute or until hot.
- ☐ Pour hot cream over chopped chocolate in a bowl.
- ☐ Let stand 2 minutes.
- ☐ Whisk until smooth.
- ☐ Pour chocolate over cooled caramel, spreading chocolate to edges. Cover and refrigerate until layers are firm. Keep refrigerated until ready to serve.
- ☐ Let stand 5 minutes at room temperature before cutting and removing bars from pan.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:12.23, Inflammation Score:-4, Nutrition Score:5.1704348150803%

Nutrients (% of daily need)

Calories: 349.19kcal (17.46%), Fat: 27.81g (42.78%), Saturated Fat: 14.38g (89.88%), Carbohydrates: 24.71g (8.24%), Net Carbohydrates: 23.14g (8.41%), Sugar: 17.85g (19.83%), Cholesterol: 50.56mg (16.85%), Sodium: 114.25mg (4.97%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Caffeine: 7.31mg (2.44%), Protein: 2.31g (4.62%), Manganese: 0.5mg (25.12%), Vitamin A: 604.64IU (12.09%), Vitamin B1: 0.16mg (10.34%), Copper: 0.18mg (9.04%), Magnesium: 28.43mg (7.11%), Iron: 1.16mg (6.44%), Fiber: 1.57g (6.28%), Phosphorus: 55.61mg (5.56%), Selenium: 3.75µg (5.35%), Vitamin B2: 0.08mg (4.68%), Vitamin E: 0.6mg (4.02%), Folate: 13.35µg (3.34%), Vitamin B3: 0.66mg (3.32%), Potassium: 101.7mg (2.91%), Zinc: 0.42mg (2.82%), Calcium: 25.43mg (2.54%), Vitamin K: 2.2µg (2.1%), Vitamin B6: 0.03mg (1.67%), Vitamin B5: 0.17mg (1.66%), Vitamin D: 0.19µg (1.27%), Vitamin B12: 0.06µg (1.05%)